BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

10-16 JANUARY 2026

TV&Satellite week

NEW SEASON

NEW
AGATHA CHRISTIE'S SEVEN DIALS

NEW
THE RIP

NEW
INDUSTRY

NEW
STAR TREK: STARFLEET ACADEMY

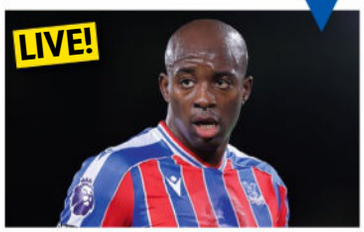
EXCLUSIVE!

Hijack

Idris Elba is back for another hostage crisis

HotList This week's 28

Saturday 10



FA Cup: Third Round

***FOOTBALL** BBC1, TNT Sports & Discovery+*

The Premier League clubs join the tournament for the third round, with televised games featuring Macclesfield v Crystal Palace (BBC1 & TNT Sports 1, k-o 12.15pm). *See Sport Week, page 28*

Tour de Fred – Ireland: Part Deux

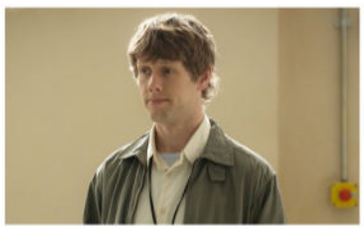
***TRAVELOGUE** ITV1, 12.30pm*

Following his Northern Ireland leg, Fred Sirieix (above) is on his bike to discover more of the Emerald Isle, starting in County Wexford. Continues tomorrow.

Paul Young at the BBC

***MUSIC** BBC2, 8.45pm*

As the singer (above) prepares to mark his 70th birthday on 17 January, delve into the BBC's archives for classic performances of tracks including *Every Time You Go Away* and *Love of the Common People*.



Waiting for the Out

***DRAMA** BBC1, 9.35pm*

Dan (Josh Finan, above) and his brother Lee (Stephen Wight) decide on a rare night out together, but a crisis arises when they need to find an AWOL drug addict who Lee has been helping...

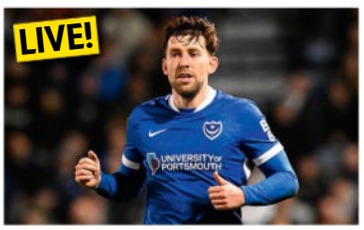
Full listings start on **p35**

Sunday 11

Grosse Pointe Garden Society

***DRAMA** ITVX*

Members of a gardening club are caught up in a murder in this new drama starring AnnaSophia Robb. *See Your Watchlist, p16* • *Also on Tue & Wed, 10.05pm, ITV2*



FA Cup: Third Round

***FOOTBALL** TNT Sports & Discovery+*

Arsenal face Championship side Portsmouth (TNT Sports 1, k-o 2pm). Other matches include Derby County v Leeds (TNT Sports 1, k-o 12noon) and West Ham v QPR (Discovery+, k-o 2.30pm). *See Sport Week, page 28*

The Masters

***SNOOKER** BBC2, BBC4 & TNT Sports, from 12.45pm*

The stage is set at Alexandra Palace, where defending champion and No 1 seed Shaun Murphy (above) starts against China's Wu Yize. Coverage continues all week.

Call the Midwife

***DRAMA** BBC1, 8pm*

As we return to Poplar for Season 15 of the period drama, the calendar has turned to 1971 and young nurse Rosalind (Natalie Quarry) is drawn into a campaign for women's rights. *See feature, page 12*

Full listings start on **p45**

Monday 12

FA Cup: Third Round

***FOOTBALL** TNT Sports 1, kick-off 7.45pm*

Liverpool play host to League One side Barnsley at Anfield, where the Tykes have actually been victorious on their last two visits – including an FA Cup fifth-round match in 2008. *See Sport Week, page 28*

Jamie's Feasts for a Fiver

***COOKERY** C4, 8pm*

As we all tighten our purse strings to recover from the festive period, chef Jamie Oliver (above) is here to help with budget-friendly recipes, including chicken hotpot and a quick fish curry.

The Beauty Queen & the Catfish

***DOCUMENTARY** BBC3, 9pm, 9.45pm & 10.30pm*

Three-parter examining Abbie Draper (above) and others who were targeted by a female nurse who posed as a male doctor.

Industry

***DRAMA** BBC1, 10.40pm (times vary)*

The drama set in the world of investment banking returns for a fourth season, and Yasmin (Marisa Abela, above) is navigating her relationship with Sir Henry Muck (Kit Harington). *See feature, p12*

Full listings start on **p55**

Tuesday 13

Tell Me Lies

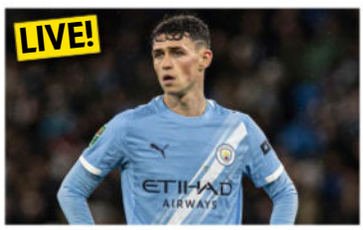
***DRAMA** Disney+*

Season 3 sees Lucy (Grace Van Patten) and Stephen (Jackson White) in love again at Baird College – but Lucy is dragged into a controversy... *See Your Watchlist, page 16*

TLC

SKY CHANNEL 133/134, VIRGIN 113/128, FREEVIEW 12, FREESAT 144, FREELY 17

The channel is free to air from today, with shows including *Young Sheldon* (above), as well as the upcoming UK premiere of spin-off *Georgie & Mandy's First Marriage*.



EFL Cup: Semi-final

***FOOTBALL** ITV1, Sky Sports Football & Sky Sports Main Event*

The first legs are tonight and tomorrow, with Chelsea, Manchester City and cup holders Newcastle United among those fighting for a place in 22 March's final.

Saving Country Houses with Penelope Keith

***DOCUMENTARY** More4, 9pm*

The actor (above) hosts this showcase for how stately homes are maintained, including Chavenage House in the Cotswolds – soon to be a glamping destination.

Full listings start on **p65**

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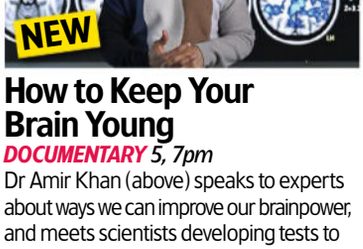
Wednesday 14

Hijack
THRILLER Apple TV
Idris Elba (above) reprises his role as negotiator Sam Nelson for a second season, in which the action transfers from a jumbo jet to a passenger train on the Berlin subway. *See feature, page 4*

Pole to Pole with Will Smith
TRAVELOGUE Disney+
The Hollywood actor embarks on an epic 26,000-mile journey across the globe. *See Your Watchlist, page 17*
• *Also airing from Wed, 8pm & 9pm, National Geographic*

How to Keep Your Brain Young
DOCUMENTARY 5, 7pm
Dr Amir Khan (above) speaks to experts about ways we can improve our brainpower, and meets scientists developing tests to spot the early onset of Alzheimer's.



Landscape Artist of the Year
FACTUAL Sky Arts, 8pm
Stephen Mangan hosts a new run from Derwentwater in the Lake District. Eva Langret joins Kathleen Soriano and Tai-Shan Schierenberg on the judging team.

Full listings start on p75

Thursday 15

Agatha Christie's Seven Dials
DRAMA Netflix
A stellar cast including Helena Bonham Carter (above) and Martin Freeman feature in this adaptation of the crime writer's murder mystery. *See feature, p6*

Star Trek: Starfleet Academy
SCI-FI Paramount+
The latest addition to the *Star Trek* universe is this drama set in Starfleet's training facility, starring Paul Giamatti and Holly Hunter (both above). *See feature, page 8*

Lorraine Kelly's Norwegian Odyssey
TRAVELOGUE C4, 8pm
The presenter (above) sets off on a three-part journey through Norway, where she embraces the local food, culture and traditions. *See Documentaries, page 21*

Rob & Romesh Vs Team GB: Winter Special
ENTERTAINMENT Sky Showcase & Sky Max, 9pm (box set, Sky Box Sets & NOW)
The duo (above) train with Team GB in events including bobsled, ahead of the Winter Olympics. *See feature, page 11*

Full listings start on p85

Friday 16

The Rip
THRILLER Netflix
Matt Damon and Ben Affleck (both above) star as Miami cops who are on a mission to learn who they can and cannot trust after the discovery of a huge stash of cash. *See Your Watchlist, page 14*

Monty Don's Rhineland Gardens
TRAVELOGUE BBC2, 8pm (box set, BBC iPlayer)
Monty Don (above) takes a break from Longmeadow to travel the Rhine, exploring extraordinary gardens along the route.

David Baddiel: Cat Man
DOCUMENTARY C4, 8pm
The self-confessed feline lover (above) has his say in the eternal cats-vs-dogs debate with this series, in which he hopes to prove the superiority of moggies once and for all. *See Documentaries, page 20*

Taskmasterclass
ENTERTAINMENT C4, 10pm
Greg Davies and assistant Alex Horne (both above) narrate another collection of the game show's highlights. Who will ever forget Liza Tarbuck's idea for what Horne should do in a shed with a cake?!

Full listings start on p95

10-16 JANUARY 2026

4 Cover story
There's a crisis in Berlin and Idris Elba's Sam is on hand to negotiate a solution as *Hijack* returns

6 TV Week
Agatha Christie's Seven Dials, *Star Trek: Starfleet Academy*, a wintry challenge for Rob Beckett and Romesh Ranganathan, and new *Industry* and *Call the Midwife*

9 Soap diary
This week's biggest stories

14 Your Watchlist
Cop thriller *The Rip* reunites Matt Damon and Ben Affleck

20 Documentaries
Featuring *David Baddiel: Cat Man*

22 Films
Including World War Two action film *Sisu: Road to Revenge*

28 Sport
It's the third round of the FA Cup – we preview the biggest games

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

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NEW FROM tv

Off the tracks

Idris Elba is trapped on a runaway train as hostage drama *Hijack* returns

WORDS: SEAN MARLAND. PHOTOS: APPLE TV

Quick-witted Sam Nelson

NEW THRILLER

Hijack

From Wednesday 14 January, Apple TV (released weekly)

Idris Elba picked up an Emmy nomination for his tour de force performance as master negotiator Sam Nelson in the first series of Apple TV thriller *Hijack* – and this week he's back in the firing line.

After foiling a terrorist plot on board a packed jumbo jet last time out, in the eight-part second series Sam finds himself battling for control of a packed subway train on Berlin's U-Bahn.

IN HARM'S WAY

At the start of this week's opening episode, Sam arrives in the snowswept German capital for a meeting at the British Embassy, after pestering them for an audience for several months.

But when he boards the subway to begin his journey on the city's underground, it soon becomes clear the driver of his train has a serious problem and before long someone wrestles the controls from him.

With hundreds of passengers now at the mercy of hostile forces, Sam springs into action. However, Elba says this year's series is far more complex than your standard hostage drama.

'There's a really interesting twist that I don't think anyone will see coming,' explains Elba. 'It means the foundational elements of why Sam was a good negotiator are all shot to pieces and he's not sure how to manipulate things in the way he usually does. His skill set in this series is very different from the first one and I applaud the writers, because they've created a puzzle no one will be expecting.'

That twist and a new setting was crucial for the series' co-creator and director Jim Field Smith, who was determined to bring back the atmosphere of the first season while developing Sam as a character.

'We wanted to find a way to start again and explore Sam through an even more challenging lens,' says Field Smith. 'We immediately began thinking, "Where can we put him that will push him even further?" Last time he was 30,000ft in the air and now he's underground, in this physical and moral maze, making tough decisions at every turn.'

As the reason for Sam being in Berlin slowly becomes clear during the opening stages of this year's sequel, it's obvious the toll of his experiences on the hijacked flight from Dubai are still with him.

Indeed, his successful career as a negotiator of billion-pound business mergers now seems to have been derailed, as the follow-up asks what the long-term effects of his trauma would have been.

'We thought about what Sam would have gone through since we last saw him,' explains Elba, 53. 'He's not gone back to work and his life is very different now. When I prepared for the role, I was looking at what happens to men in these instances, and there are some crazy residual effects. You can see a real vulnerability in him this time.'

Yet that vulnerability is what makes Sam so relatable, and Elba hopes the development of his character could pave the way for a third series of *Hijack*.

'He's quite fragile,' he says. 'He isn't built to be this gun-twirling kung-fu master and he hasn't got a slick answer to every question. He has a very cerebral approach, he's thinking on his toes and he has a lot of courage. He feels compelled to act and I think that's what makes him compelling, but those traits became part of our development of what he could keep going through next.'

'His life is very different now. You can see a real vulnerability in him this time'

IDRIS ELBA

DEFINING MOMENT

Playing such a layered character has clearly been a career highlight for Elba and he was honoured to receive an Emmy nomination for his turn as the negotiator, even if *Shōgun* star Hiroyuki Sanada eventually won the award.

'It was really satisfying to get the nod from the highest level of television,' says Elba. 'But honestly, I was happy for all of us as a group and I took the nomination as a pat on the back for the entire production!'

Indeed, Field Smith, 46, tells a revealing story about the moment the show's lead actor learnt of his nomination when they were filming the second series.

'We were shooting a complex scene with hundreds of supporting artists at a German underground station that we'd built,' he says. 'Idris came and found me and said, "We've been nominated for an Emmy!" When I checked the news, I realised it was actually him who'd been nominated – but in his head, we all were!'

WHO'S WHO IN *HIJACK*

Sam Nelson
Idris Elba
The high-profile negotiator is in German capital Berlin to pursue a lead but things quickly escalate.

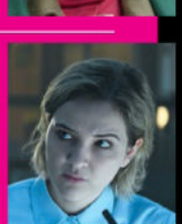
Otto Weber
Christian Näthe
The U-Bahn driver is being coerced by some sinister individuals when he takes the controls of Sam 's train.

Peter Faber
Toby Jones
A high-up member of British intelligence is called to Berlin to help with the investigation after the train is hijacked.

Marsha Smith-Nelson
Christine Adams
Sam's former flame is taking a break on her own in the Scottish Highlands.

Daniel O'Farrell
Max Beesley
Marsha's cop lover is concerned about her, especially when he hears that Sam is in danger again.

Olivia Thatcher
Clare-Hope Ashitey
The British Embassy worker invites Sam to Berlin to meet with the Federal Office of Justice.



Clara Berger
Lisa Vicari
The U-Bahn service controller becomes concerned when she notices Otto behaving erratically.

Ada Winter
Christiane Paul
Berlin's police chief races to find out who has hijacked the U-Bahn train during the city's rush hour.

Mystery manor

NEW FROM NETFLIX

Meet Agatha Christie's **intrepid sleuth Bundle Brent** in a country-house whodunnit

NEW DRAMA

Agatha Christie's Seven Dials

From Thursday 15 January, Netflix

A bizarre death at a country house has far-reaching consequences in star-studded mystery drama *Agatha Christie's Seven Dials*.

The three-parter, penned by *Doctor Who* writer Chris Chibnall, is Netflix's first whodunnit by the 'Queen of Crime', and adapted from her lesser-known novel *The Seven Dials Mystery*.

Set in 1925, it sees spirited Lady Eileen 'Bundle' Brent (*Persuasion*'s Mia McKenna-Bruce) and her widowed mother Lady Caterham (*Nolly*'s Helena Bonham Carter) visit their family's stately home Chimneys, which has been rented out to industrialist Sir Oswald Coote (*Hostage*'s Mark Lewis Jones).

But the morning after a masked ball, one of the guests, Foreign Office worker Gerry Wade (*Queen Charlotte*'s Corey Mylchreest), is found dead in his bedroom, surrounded by alarm clocks.

SUSPICIOUS DEATH

Misadventure, suicide or a prank gone wrong are all suspected, but Bundle, who was about to get engaged to Gerry, believes that there has been foul play, particularly after she also finds a letter mentioning a mysterious 'Seven Dials'.

'Bundle takes it upon herself to investigate and puts herself in peril because Gerry was someone she cared about,' McKenna-Bruce, 28, tells *TV&Satellite Week*. 'She knows Seven Dials is something important, so she'll stop at nothing to figure it out. There are high stakes. But it's great this young female is leading the charge and refusing to be boxed in by society.'

As Bundle sets out to uncover the truth, however, Lady Caterham, who is grieving for her husband and son, is keen for her to stay out of danger.

TRAUMA

'Lady Caterham is governed by these losses,' says Bonham Carter, 59. 'It's the Roaring Twenties but she's still frozen in 1915 when her son died [in World War One]. She is psychologically fragile and Bundle is all she has and she leans on her a lot.'

Bundle refuses to be deterred, though, and supporting her is Gerry's chirpy pal Jimmy Thesiger (*My Lady Jane*'s Edward Bluemel), while her investigation also sees her encounter enigmatic Superintendent Battle (Martin Freeman). But can Bundle and Battle learn to trust each other as events escalate and the body count rises?

'There's an odd-couple element and an unlikely bond'

MARTIN FREEMAN

'I like Battle and the contrast between him and Bundle,' says *Sherlock* and *The Responder*'s Freeman, 54. 'They're coming from different worlds but there's an odd-couple element where they form an unlikely bond and they have skills the other doesn't. Battle has experience, but Bundle has gumption and is tenacious.'

Alongside the drama's wry humour and suspenseful scenes, Freeman has enjoyed exploring the darker elements running through the series.

'It's a fun whodunnit and played lightly. But it's interesting that it's set in this time,' he explains. 'There's a subtext that these characters are coming out of a war where millions died and they're finding out what the world is going to be like now. And there are shadowy forces, too…'

Lady Caterham
Helena Bonham Carter
Bundle's witty mother is scarred by past tragedies and wants to protect her daughter.

WORDS: CAREN CLARK. PHOTOS: NETFLIX

Lady Eileen 'Bundle' Brent
Mia McKenna-Bruce
The plucky socialite is determined to solve the murder of Gerry Wade, who she was thinking of marrying.

Superintendent Battle
Martin Freeman
The dogged sleuth becomes embroiled in the case but will he see Bundle as a help or a hindrance?

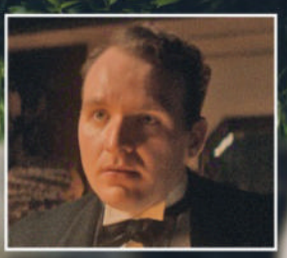
WHO'S WHO IN *AGATHA CHRISTIE'S SEVEN DIALS*

Jimmy Thesiger
Edward Bluemel
Charming and fun-loving, the posh playboy teams up with Bundle to try to crack the mystery.

Ronny Devereux
Nabhaan Rizwan
Can the dedicated Foreign Office employee shed any light on his pal Gerry Wade's demise?

Sir Oswald Coote
Mark Lewis Jones
The businessman and his demanding wife Maria (Dorothy Atkinson) want to make important contacts.

George Lomax
Alex Macqueen
The pompous yet influential Foreign Office undersecretary could make a deal with Sir Oswald.



Bill Eversleigh
Hughie O'Donnell
Gerry and Ronny's bumbling and lovable colleague is full of admiration for Bundle.

The cadets are ready for action

Future frontiers

A new generation takes flight in a *Star Trek* spin-off starring **Holly Hunter and Paul Giamatti**

NEW FROM Paramount+

Nus Braka (Paul Giamatti) with Nahla Ake (Holly Hunter)

NEW SCI-FI

Star Trek: Starfleet Academy

From Thu 15 Jan, Paramount+ (first two eps from 15 Jan, then weekly)

The best and the brightest from across the galaxy are boldly going to the 32nd century in a *Star Trek* spin-off set among Starfleet Academy's next generation of leaders.

The 10-part series is based in the same time period where *Star Trek: Discovery* left off and stars Holly Hunter as the captain of the *USS Athena*, Nahla Ake.

'I used to watch *Star Trek* with my father when I was eight years old. It's extraordinary that this story is still being told and people have a hunger for it,' says Oscar-winning *The Piano* star Hunter, 67. 'The pull of that was exotic and interesting, but so was the challenge of playing the captain who is 422 years old!'

CLASS ACT

In her joint role as the chancellor of Starfleet Academy, Nahla mentors fresh-faced cadets including SAM (Kerrice Brooks), Genesis Lythe (Bella Shepard) and Jay-Den Kraag (Karim Diane).

'Nahla is confronted with these young cadets who are starting a new chapter of their lives, but it's also a new chapter for her as their captain,' says Hunter. 'It's a fun ride, and when I saw the captain's chair for the first time, it was daunting but also beautiful. The bridge is my most favourite set I've ever been on.'

The cadets' training takes place on board the *Athena* and also on Earth, where, for the first time in more than 120 years, a class is returning to the San Francisco campus. But as they navigate new friendships, romances and rivalries, Nahla feels indebted to one particular student, Caleb Mir (Sandro Rosta), who's on a mission to find his mother (Tatiana Maslany).

HERITAGE

Meanwhile, the students also receive guidance from Commander Lura Thok (Gina Yashere), a Klingon-Jem'Hadar hybrid, while the formidable villain in their midst is Nus Braka (played by *Billions* actor Paul Giamatti), who shares a dark history with Nahla and a cadet.

'I am a real [*Star Trek*] fan,' says *The Holdovers* star Giamatti, 58. 'Like Holly, since about eight years old, I would watch it with my father, so I grew up with *Star Trek* and all the iterations of it. I've always wished to be on the show and now it's actually happening. I'm the bad guy and it's fantastic!

'He's half-Klingon, half-Tellarite, and the Tellarites are really aggressive, disputatious pig people. Nus Braka is a kind of pirate who has been all over the galaxy and has his finger in every kind of criminal activity. He's a low-life nobody who thinks he's somebody. He also likes to clown around, but underneath it all, he's a dangerous psychopath.'

Fans can expect to see some familiar faces crossing over, too, including *Voyager*'s holographic Doctor (Robert Picardo), *Discovery*'s engineer Jett Reno (Tig Notaro) and *Discovery*'s Admiral Vance (Oded Fehr). Also, listen out for chat-show host Stephen Colbert, who delivers daily announcements as the Digital Dean of Students.

'This show is its own thing, but you'll learn a lot about the franchise if you watch it, so it's a good entry point,' says Giamatti. 'Starfleet Academy is the basis of everything about the Federation.'

The bridge of the *USS Athena*

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

The police come calling to Butlers

EMMERDALE

Moira is framed and arrested for human trafficking!

» **In the aftermath** of Celia and Ray's modern-slavery and drug-dealing operation being exposed, the police descend on the village!

DC Stewart arrives at Butlers Farm to question owner Moira about her connection to cunning Celia, who she rented a couple of fields to last summer.

Moira is happy to cooperate with the law and allows the police to search the farm. But little do Moira and Cain realise, ruthless rival Joe Tate has been plotting…

So when the police find evidence linking Moira to Celia's illegal dealings, she suddenly finds herself arrested on suspicion of human trafficking! Is Moira about to take the fall for Celia's despicable crimes?

Did Jai kill Ray?

Meanwhile, the villagers fear there's a killer among them after the discovery of Ray's dead body in the back of a van at the haulage depot. The list of suspects with a vendetta against Celia's son is long, with more than a few residents acting shiftily. But it's factory boss Jai who suddenly finds himself the prime suspect…

» **PLUS** Laurel confronts Marlon for not telling her the truth about Ray, Paddy is devastated at the thought that his missing dad Bear could be dead, and teenagers April and Dylan clash over the terrible turn of events.

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Ravi (right) wakes after his drugs nightmare and discovers he is responsible for causing a shock incident, Lauren and Oscar pay tribute to Abi, George wants to buy Walford East, and Bea takes a fancy to Max.

CORONATION STREET

» Todd and Summer (both above) struggle in the wake of Billy's death, Debbie discovers Carl has been stealing from the business, David and Shona panic when baby Harper needs a blood transfusion, and who vandalises Daniel's car?

WORDS: REBECCA MAHONEY; SIMON TIMBLICK. PHOTOS: BBC, ITV, PARAMOUNT+

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Olympic chumps

Rob Beckett and Romesh Ranganathan hit the ice for a two-part Winter Games special

NEW ENTERTAINMENT

Rob & Romesh Vs Team GB: Winter Special

Thu, 9pm, Sky Max & Sky Showcase (box set, Sky Box Sets & NOW)

With the Winter Olympics being held in Italy in February, Rob Beckett and Romesh Ranganathan make a belated effort to secure a spot on Team GB when they tackle a selection of winter sports in a two-part special to mark the upcoming Games in Milan and Cortina.

The comedy pals try out a range of disciplines, assisted by ski-jump legend Eddie 'the Eagle' Edwards and Olympic curling medallists Eve Muirhead and Bobby Lammie.

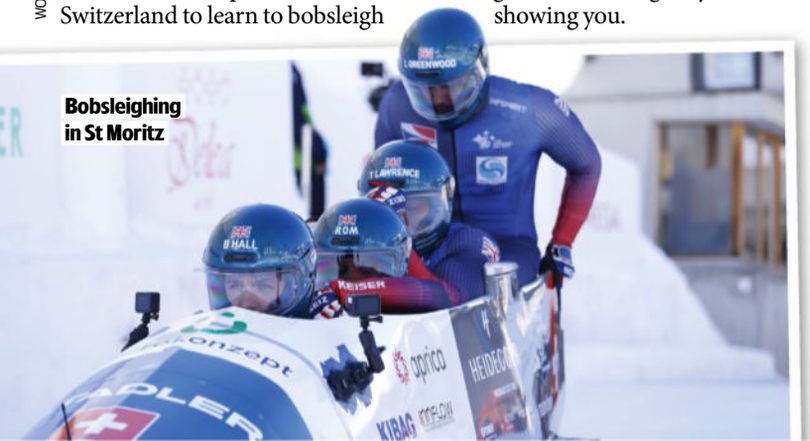
This week, the pair are in Switzerland to learn to bobsleigh at St Moritz with Team GB's Brad Hall and take part in the Biathlon World Championships in Lenzerheide, where they must navigate a cross-country race that combines skiing and rifle shooting.

Here, comedian Ranganathan, 47, tells us more…

How did you enjoy the Winter Olympics events?

'For quite a lot of the race, you're seeing my backside'
ROMESH RANGANATHAN

It was essentially a lab-designed trauma experiment. Just imagine being rubbish at everything and then every two days you have to learn a new thing and compete in it, for the course of a week and a half. You're also being trained by Olympic athletes who don't understand why anybody wouldn't be good at the thing they are showing you.



Bobsleighing in St Moritz

Beckett and Ranganathan try out curling

How did you fare going down the bobsleigh run in St Moritz? Before I was a stand-up, I was a maths teacher, and by weird coincidence, I used to teach Brad Hall, who pilots the Team GB bobsleigh, so I got to have a reunion with him. Part of me was thinking, "Was I horrible to him? Is this a long-term revenge plan where he decided to spend his life training and then get back at me in a bobsleigh?"

Eddie the Eagle

What was it like being taught to ski by Eddie the Eagle? Eddie is a great guy but he doesn't actually have a teaching certificate, so he's not allowed to teach you. You just have to copy what he does. He's not allowed to actually give you any direct instruction, which slightly hampered the process.

Did his lessons help you when you competed in the Biathlon World Championships? We've done a lot of humiliating things while doing this show, but racing Rob in front of thousands of people at the Biathlon Championships might take the cake. I was OK when it came to shooting the rifle, but I'm not a great skier. There's a bit where I fall over and when I get up, the Lycra doesn't fully come up with me, so for quite a lot of the race, you're seeing my backside. I don't know how humiliating it looks, because I've not watched it, but the producers have spoken to me about it and warned me. That's something they've never done before!

WORDS: SEAN MARLAND. PHOTOS: SKY, GETTY

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Monty Don

NEW

Monty Don's Rhineland Gardens

Fri, 8pm, BBC2 (box set, BBC iPlayer)

Born in Germany, green-fingered guru Monty Don is best known as the lead presenter of *Gardeners' World* (inset), which he joined in 2003. He is a regular on the BBC's annual coverage of the RHS Chelsea Flower Show and has previously explored some of the world's most beautiful and historic gardens in travels to a range of countries including American, France, Italy, India and Japan.

HIS NEW SHOW

Now aged 70, Don travels through Switzerland, France, Austria and Germany as he visits extraordinary gardens along the Rhine from the Alps to the North Sea. Highlights include Haldenstein Castle, now home to an abundance of roses, and the island garden of Mainau in Germany, which boasts world-famous blooms and a 150-year-old arboretum. He also takes in Basel, the first city to legally require green, wildlife-friendly roofs on new buildings. 'The city now has an astonishing two million square metres of green roofs,' he says.

Monty Don

Yasmin, Henry and Harper

Boom and bust

The financiers adjust to **life without Pierpoint** as the hit drama returns

NEW DRAMA

Industry

Mon, 10.40pm (times vary), BBC1

Banking drama *Industry* has never been afraid to disrupt the status quo. Its third season, which aired in 2024, concluded with a huge shake-up as the London branch of investment bank Pierpoint – the central hub of the series – was shuttered permanently.

As Season 4 begins this week, Yasmin Kara-Hanani (Marisa Abela) has left the world of finance behind after marrying Sir Henry Muck (Kit Harington), and spends her time throwing soirées where the powerful can connect with each other.

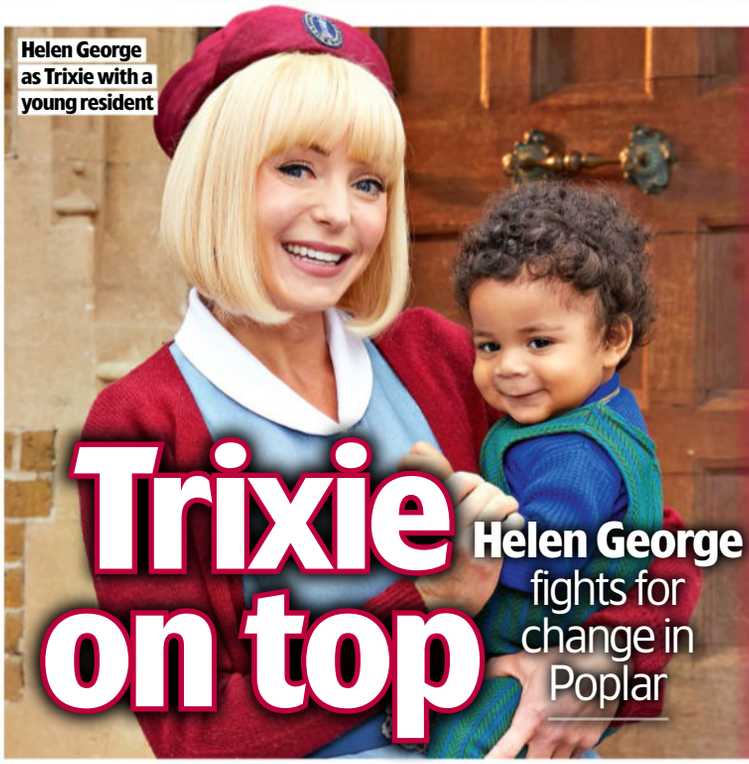
Having married Henry mainly as a means of rehabilitating her image after being caught up in her father's financial and sexual scandals, it's perhaps no surprise her marriage is already in trouble.

'Yasmin is not only a wife, but essentially a caregiver to someone who resents her for needing her care,' says Abela, 29, who was named Leading Actress at the 2025 TV BAFTAs for her role. 'She's miserable, and could probably do with walking away if Henry doesn't get his act together.'

MONEY MISSTEP

Meanwhile, Harper Stern (Myha'la) is working for financier Otto Mostyn (Roger Barclay), running a fund dedicated to shorting the stock of corrupt companies. Unfortunately, she's beginning to realise the role isn't what she signed up for.

'There is a lot of oversight,' says Myha'la, 29. 'Otto always keeps



Helen George as Trixie with a young resident

Trixie on top

Helen George fights for change in Poplar

NEW DRAMA

Call the Midwife

Sunday, 8pm, BBC1

Emotional challenges await the residents of Nonnatus House as *Call the Midwife* moves into 1971 for its 15th series.

As the BBC1 period drama returns, the team's vital work in Poplar, east London, is under threat again, as spirited nurse Trixie Aylward (Helen George) visits the Board of Health, where she is informed that all medical provision will soon be taken out of council control and put into the hands of the NHS.

This means that the team must stick to rigid new rules and the nuns will have to ditch their habits for uniforms, which angers stalwart Sister Julienne (Jenny Agutter).

'You see how much Nonnatus means to Trixie. She knows what

WORDS: NICK CANNON, CAREN CLARK, RICHARD MCCLURE, STEVEN PERKINS. PHOTOS: BBC, ITV, SKY, U&ALIBI

Harper has doubts about her new role

his eyes on Harper, and she's feeling squeezed out and managed in a way she wasn't expecting. So she is anxious and eager to find a way out.'

As well as attempting to charm Whitney Halberstram (*The Handmaid's Tale* actor Max Minghella), the rising star executive of payment-processing company Tender, Harper reconnects with her former Pierpoint mentor Eric Tao (Ken Leung) with a view to teaming up – but given their toxic history, is a joint venture doomed to fail?

'Obviously, Eric and Harper together is tough in the beginning and it feels a little claustrophobic,' says Myha'la. 'But Harper sees it as an opportunity to build a team that she really trusts, with no ulterior motives this time.'

Burning bras for women's liberation

a difference they make to the community,' explains George, 41.

CHANGING TIMES

The social changes of the time also come to the fore. This includes the arrival of decimalisation, while eager young nurse Rosalind Clifford (Natalie Quarry) meets a new mum who is campaigning for women's rights, and she urges her colleagues to join the battle.

'Feminism has appeared across the 15 series. But now we're talking about the social climate for women in the 70s,' reveals George. 'There's a march, and we burn our bras, which was liberating and fun.'

This week, the team encounters a woman suffering from extreme pregnancy nausea and a couple whose children appear to be experiencing neglect, while later episodes feature cases involving carbon-monoxide poisoning, lupus and rabies.

The eight-part run is the last before the drama takes a short break, but plans are afoot for a World War Two-based prequel and a film set overseas in 1972.

'Seeing the characters in a prequel is fascinating,' shares George. 'And it makes sense for them to branch out into a completely different terrain for the film. It's an exciting new lease of life.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW

Piglets

Thursday, 10.05pm, ITV2 (box set, ITVX)

Mark Heap and Sarah Parish (both pictured) are back as Superintendents Bob Weekes and Julie Spry for a second run of the comedy set in a police-training college. There are two new recruits – the melodramatic Danni (Madelyn Smedley) and compulsive liar Connor (Kerr Logan) – while Bob and Julie get thrown a curveball that could threaten their jobs. Also, Sergeant Daz Black (Ricky Champ) is sent to anger-management classes.

Heated Rivalry

NEW

Saturday, 9pm & 10.05pm, Sky Atlantic

Top ice-hockey players Shane (Hudson Williams) and Ilya (Connor Storrie) share a big secret. On the ice, they're major rivals – but away from the rink, they're grappling with their feelings for each other. This six-part Canadian drama follows the fiercely ambitious pair over eight years as they navigate a secret romance. Forced between their relationship and the sport they love, what will they choose?

Landscape Artist of the Year

NEW

Wednesday, 8pm, Sky Arts

As the popular painting competition returns for an 11th series, art curator Eva Langret joins the judging panel to replace Kate Bryan. Stephen Mangan will once again host as the artists try to capture a range of stunning UK locations, including Dover Castle, the River Thames and, this week, Derwentwater in the Lake District.

Murdoch Mysteries

NEW

Sunday, 7pm, U&Alibi

Head back to early 20th-century Toronto for the new season of the crime drama, as Detective William Murdoch (Yannick Bisson, right) and the team are still reeling from the closure of Station House 4 by Mayor Chadwick Vaughan (Mark Caven). But when the bodies of two gangsters linked to the mayor are blown up in the morgue, they sense an opportunity to bring down the corrupt politician.

YOUR WATCHLIST

NETFLIX

prime

BBC iPLAYER

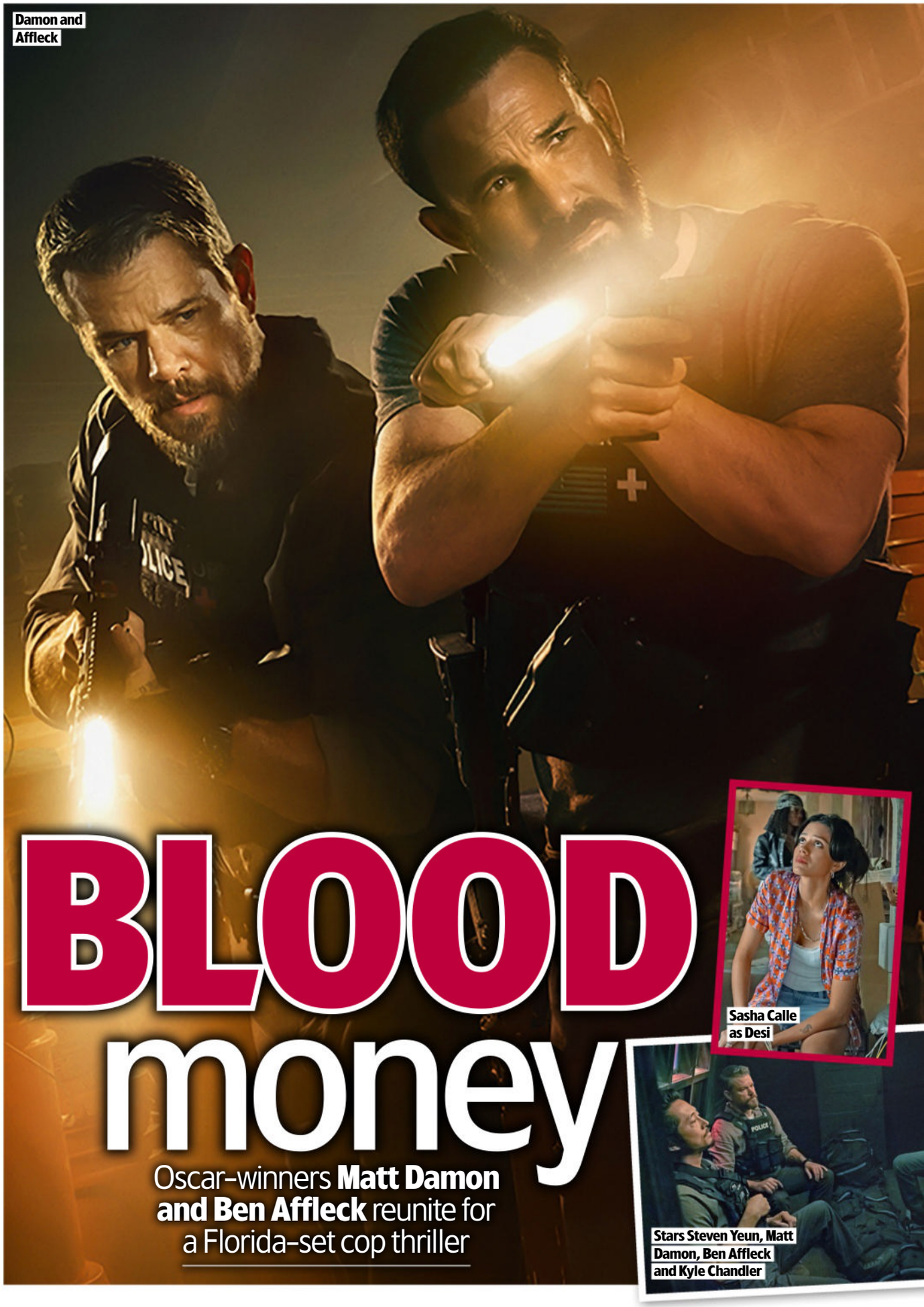
Disney+

4

sky box sets

NOW

tv


Damon and Affleck

BLOOD money

Oscar-winners **Matt Damon and Ben Affleck** reunite for a Florida-set cop thriller

Sasha Calle as Desi

Stars Steven Yeun, Matt Damon, Ben Affleck and Kyle Chandler

The best of **Netflix, Prime Video, Disney+** and more...

NETFLIX The Rip

NEW *Available:* ***Friday 16 January***
Genre: ***Thriller***

Hollywood powerhouse duo and long-time friends Matt Damon and Ben Affleck join forces again for an explosive thriller on Netflix.

Inspired by true events, *The Rip* follows morally questionable cops operating in Florida's Miami-Dade County, and centres on a tactical narcotics team who are reeling from the murder of one of their own officers when they receive a tip-off about a stash house in the city of Hialeah.

Winning an Oscar for writing *Good Will Hunting*

Led by Lieutenant Dane Dumars (Damon), they arrive to find Desi Lopez Molina (Sasha Calle) claiming it's her dead grandmother's house. But when Dane and his right-hand man, Detective Sergeant JD Byrne (Affleck), uncover more than $20 million in cash, the stakes instantly skyrocket.

Required by law to count the cash at the scene, the crew spirals as loyalties shift and news of the seizure leaks to outside forces. Can they truly trust each other?

'A rip is when cops keep whatever money they find at a crime scene,' explains Affleck, 53, whose collaborations with Damon include *Good Will Hunting*, *Dogma* and *Air*. 'This movie is a compelling human drama that takes a look at the things people will do for money. It's also a fun ride that keeps you guessing.'

LAW ENFORCEMENT

Dane's tight-knit unit includes detectives Mike Ro (Steven Yeun), Numa Baptiste (Teyana Taylor) and Lolo Salazar (Catalina Sandino Moreno). There's also their boss, Major Thom Vallejo (Nestor Carbonell), DEA agent Mateo 'Matty' Nix (Kyle Chandler) and JD's brother, FBI agent Del Byrne (Scott Adkins).

'*The Rip* came out of a deeply personal experience that my friend went through, both as a father and as head of tactical narcotics for the Miami-Dade police department,' reveals writer-director Joe Carnahan, who previously helmed *Smokin' Aces* and *Narc*.

'But it's also inspired by my love for classic cop thrillers that value character and interpersonal relationships, like *Serpico* and *Heat*. This is an extension of that genre and a reminder that there are good people in the world who want to help, be kind and compassionate.

'I hope the audience falls in love with these characters. But at some point, you're going to get your heart broken…'

What we're watching...

The shows being enjoyed by the *TVSW* team

Paramount+ The Revenge Club

Genre: ***Drama*** *Season:* ***1*** *Episodes:* ***6***

Six strangers bond at a divorce support group and decide to carry out acts of revenge on each other's exes, but things don't go according to plan and it's clear from the start that retribution comes at a terrible price. The starry cast includes *Line of Duty*'s Martin Compston, *Slow Horses*' Aimee-Ffion Edwards, *Shetland*'s Douglas Henshall and *Mrs Sidhu Investigates*' Meera Syal, who ably convey the damaging effects of hurt and betrayal in an entertaining thriller with a vein of dark humour running through its six episodes.

NETFLIX Wake Up Dead Man: A Knives Out Mystery

Genre: ***Thriller***
Episodes: ***One-off***

Josh O'Connor shines in a sparkling cast as a priest in Upstate New York, as Benoit Blanc (Daniel Craig, right) investigates a murder.

Disney+ Taylor Swift: The End of an Era

Genre: ***Documentary***
Season: ***1*** *Episodes:* ***6***

A behind-the-scenes docuseries on The Eras Tour captures moments of emotion such as Swift (right) performing after meeting the families of the victims of the Southport attack.

Now in production...

Three upcoming shows to look out for soon

NETFLIX Assassin's Creed

Lola Petticrew (above), Zachary Hart and Toby Wallace will star in Netflix's live-action version of the video game, which centres on a battle throughout history to determine whether humanity should be controlled or have free will.

tv Down Cemetery Road

Apple TV's crime drama, based on Mick Herron's novels, will return for a second run with Dame Emma Thompson (above) and Ruth Wilson back as private investigator Zoë Boehm and art conservator Sarah Trafford.

NETFLIX One Attempt Remaining

In Netflix's comedy, Jennifer Garner (above) will play a woman who, after a bitter divorce, must reunite with her ex when they learn that the cryptocurrency they won years before could yield them a fortune. But can they remember their password?

WORDS: CAREN CLARK; JUDY EWENS, REBECCA MAHONEY PHOTOS: GETTY, NETFLIX, PARAMOUNT+

Shear terror

Brett, Birdie, Catherine and Alice

A gardening club hides a dark secret in a new thriller

ITVX Grosse Pointe Garden Society

NEW *Available: Sunday 11 January*
Genre: Drama Season: 1 Episodes: 13

Four green-fingered friends are burying more than bulbs and seeds in ITVX's new 13-part US mystery drama *Grosse Pointe Garden Society*.

Teacher Alice (AnnaSophia Robb) and estate agent Catherine (Aja Naomi King) are active members of a suburban gardening club in the Michigan city of Grosse Pointe, along with their friend Brett (Ben Rappaport), a divorced father who is also the club's manager.

When wealthy author Birdie (Melissa Fumero) joins the club as part of a community-service order, they don't anticipate having much in common with her – but in six months' time, the foursome conspire to cover up a murder...

In order to portray keen gardeners, the cast had to be willing to get their hands dirty, but for Robb, this was all part of the appeal.

'My cousins had a farm for a little bit in high school, and we were always out there weeding and planting things,' she says. 'I love flowers, so I was like, "Get me in the dirt, I want the tools!"'

REAP WHAT YOU SOW

The series' timeline alternates between the present day and six months in the future, offering glimpses into the aftermath of the murder while keeping the victim's identity under wraps. In fact, the central mystery of the show was such a closely guarded secret that even the cast were left in the dark.

'When we were filming the pilot, none of us knew who the body was – we ended up making something up for ourselves,' says Fumero.

The opening episode establishes major grievances for each of the characters that could potentially grow into motivation for murder – and the stars had to consider the possibility that they were unknowingly playing a killer.

'My character, Brett, is somebody who's been wronged by a bunch of people,' says Rappaport. 'But on the other hand, he's a teddy bear – he's a great dad, a good friend and an amazing listener. He leads with his heart – how could someone like that commit a murder?'

● Also airing weekly from Tue & Wed, 10.05pm, ITV2

WORDS: CAREN CLARK, HANNAH DAVIES, STEVEN PERKINS, VICTORIA WILSON. PHOTOS: BBC, ©2026 DISNEY & ITS RELATED ENTITIES, ITV, NATIONAL GEOGRAPHIC, SKY

Lucy (Grace Van Patten) and Stephen (Jackson White)

Lessons in love

The US students are back for more bed-hopping...

Disney+ Tell Me Lies

NEW *Available: Tuesday 13 January*
Genre: Drama Season: 3 Episodes: 8
(first two episodes from 13 January, then weekly)

Steamy US drama *Tell Me Lies* returns to Disney+ this week with a third helping of scandalous secrets and breathtaking betrayals as we follow on/off couple Lucy Albright and Stephen DeMarco and their pals at the fictional Baird College in Upstate New York.

The drama picks up just as Lucy (Grace Van Patten) and Stephen (Jackson White) have rekindled their tumultuous romance in time for spring term. Although the pair promise things will be different this time, indiscretions resurface and Lucy becomes embroiled in a controversy.

The new season also explores how the pair's best friends – including Wrigley (Spencer House), who blames himself for the death of his brother, and Bree (Catherine Missal), who discovered her professor lover Oliver (Tom Ellis) had an open marriage – must face up to their own destructive behaviours.

'Everything's coming to a head. Everything's getting more and more tangled and intertwined and you start to see these characters actually face consequences,' says Van Patten, who is dating co-star White in real life.

'We are probably the exact opposite of our characters, which makes it fun to act out those scenes. Lucy and Stephen are so far from ourselves and our relationship that it's really fun to be them – and be mean and crazy!'

Richard Parks and Will Smith in Antarctica

Jumping from a bridge

Crossing continents

Will Smith backpacks across the planet in an epic journey

Disney+ Pole to Pole with Will Smith

NEW *Available: Wednesday 14 January*
Genre: Travelogue Season: 1 Episodes: 7

It's 'around the world in 100 days' for Hollywood actor Will Smith, as he embarks on a mammoth global adventure across seven continents for his visually stunning new series, *Pole to Pole with Will Smith*.

Venturing 26,000 miles from the South Pole to the North Pole, he experiences all the Earth's biomes – polar ice, desert, jungle, mountain, savannah and swamp – while also learning what it's like to live in some of the world's most extreme landscapes.

'As a little boy, I always wanted to be an explorer,' says the 57-year-old *Men in Black* and *King Richard* actor. 'I had a mentor named Dr Allen Counter, who was a brilliant scientist and a fearless explorer. He was always going on these amazing adventures and he'd invite me along, but I never went. He passed away a few years ago. Ever since, I've wondered what was out there that he wanted me to discover, so I decided to go and see for myself.'

Smith begins his seven-episode adventure in Antarctica with a perilous trek on skis to the South Pole, supported by polar athlete Richard Parks. On the way, the pair stop off at a tiny research outpost, home to three Brazilian climate scientists living in one of the most remote places on Earth.

Along the way, Smith is tested by a -37-degree wind chill, a 300ft vertical climb up an ice wall, and an exhausting push to the South Pole across a vast plateau.

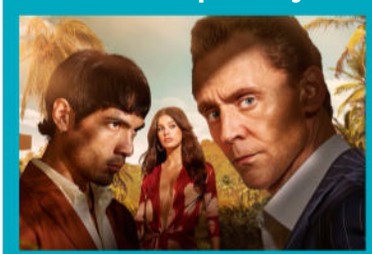
'I generally don't give up, but in Antarctica you have that moment where you realise Mother Nature's actually in charge,' recalls Smith, who later in the series explores the Amazon, the Pacific Islands and the Kalahari Desert.

'Antarctica is a rough environment and I guess my biggest worry was that I was going to die, that I wasn't going to make it home. But as Dr Counter used to say, if you're not scared, you're not living. You really have to get out there to find the answers to what's important.'

● Also airing weekly from Wednesday, 8pm & 9pm, National Geographic

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



BBC iPLAYER The Night Manager

Jonathan Pine (Tom Hiddleston) is running a low-key surveillance operation in the second season of BBC1's espionage drama, but after he spots a face from the past, he tries to infiltrate the life of a Colombian businessman.

sky box sets NOW Amadeus

Sky Atlantic's take on Peter Shaffer's play sees musical prodigy Wolfgang Amadeus Mozart (Will Sharpe) arrive in 18th-century Vienna. But fellow composer Antonio Salieri (Paul Bettany) views him as a threat and plots against him.

itvX Red Eye

The return of ITV1's thriller finds DS Hana Li (Jing Lusi) investigating the death of a diplomatic courier. When she attends an embassy reception, she faces further danger and a reunion with ex-colleague Clay Brody (Martin Compston).

BBC iPLAYER Wild London

In BBC1's documentary showcasing wildlife in the capital, cameras follow pigeons taking a ride on the Underground and deer negotiating traffic, while Sir David Attenborough (above) handles a peregrine-falcon chick.

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TVSAT06/01/26q

Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Borgias
Saturday 10 January

All three seasons of the historical drama from 2011–13 starring Jeremy Irons as Rodrigo Borgia, patriarch of the powerful Borgia family in Renaissance-era Italy who schemes his way to become Pope Alexander VI in 1492. Previously shown on Sky Atlantic.

Grosse Pointe Garden Society
Sunday 11 January

Drama starring *Brooklyn Nine-Nine*'s Melissa Fumero. Four members of a suburban garden club get entangled in a murder and bury the body in the club's communal garden. But when there are plans to dig up the garden, they must find a way to move the corpse. Also airing two episodes weekly on ITV2. See feature, page 16.

Tell Me Lies
Tuesday 13 January

In the drama's third season, Lucy Albright (Grace Van Patten) and Stephen DeMarco (Jackson White) have rekindled their tumultuous romance in time for spring semester at Baird College. They promise things will be different this time, but then Lucy becomes embroiled in a controversy. See feature, page 16.

The Boyfriend
Tuesday 13 January

The second series of Japan's first same-sex dating reality series in which a group of young men share a house together for a few weeks. They take turns running a coffee truck, while also building connections and maybe even finding love.

Geordie Shore
Tuesday 13 January

Chloe Ferry is turning 30, so she's off to Lisbon for the mother of all city breaks, in the 26th season of the reality show.

Hijack
Wednesday 14 January

A Berlin underground train is hijacked in the second season of the thriller and, once again, corporate business negotiator Sam Nelson (*Luther*'s Idris Elba), who was on the hijacked plane in the first series, is a passenger. Max Beesley and Christine Adams return while Toby Jones joins the cast. See feature, page 4.

Pole to Pole with Will Smith
Wednesday 14 January

Docuseries. Will Smith crosses all seven continents, from the ice fields of Antarctica to the jungles of the Amazon, the mountains of the Himalayas, the deserts of Africa, the islands of the Pacific and finally to the Arctic, to discover the secrets of Earth's most extreme environments. Also airing two episodes weekly on National Geographic. See feature, page 17.

The Tailor of Sin City
Thursday 15 January

Docuseries about Las Vegas tailor AJ Pratt, who built a successful drug and fashion empire in the heart of Sin City in the 1970s with the secret backing of the Mob and the unexpected friendship of Colombian crime lord Pablo Escobar until it all came crashing down.

Agatha Christie's Seven Dials
Thursday 15 January

Broadchurch writer Chris Chibnall adapts Agatha Christie's whodunnit set at a lavish English country-house party, where a practical joke appears to go horribly wrong. Lady Eileen 'Bundle' Brent (Mia McKenna-Bruce) then turns amateur sleuth. With Martin Freeman, Helena Bonham Carter and Nabhaan Rizwan. See feature, page 6.

Stayer
Monday 12 January

Norwegian drama. After the mother of his 16-year-old daughter dies in tragic circumstances, an ageing rock musician (Aksel Hennie) tries to balance fatherhood with fame and the choices he made in the past.

The Upshaws
Thursday 15 January

The final season of the sitcom about a Black working-class family in Indianapolis. Patriarch Bennie Upshaw (Mike Epps), owner of Bennie's Garage, is doing his best for his wife Regina (Kim Fields) and children. Co-creator Wanda Sykes plays Bennie's sardonic sister-in-law.

Smurfs
Thursday 15 January

Smurfette (voiced by Rihanna) leads the crew on a mission to save Papa Smurf (John Goodman) after he is kidnapped by evil wizards, which means teaming up with new friends the Snooterpoots. Other voices include James Corden and Dan Levy. Also airing on Sky Premiere. See review, page 27.

Star Trek: Starfleet Academy
Thursday 15 January

This *Star Trek* spin-off is set in the 32nd century in the same time period as *Star Trek: Discovery* left us and follows a class of Starfleet cadets as they train to be officers. They navigate friendships, rivalries, first loves and a new enemy. Oscar-winner Holly Hunter stars as the chancellor of the Academy and the captain of the *USS Athena*. See feature, page 8.

Honor
Friday 16 January

Spanish drama from Walter Presents based on the 2020 Bryan Cranston series *Your Honor*, which itself was adapted from the Israeli series *Kvodo*. When a judge discovers that the young man his son accidentally killed in a road accident is the offspring of a powerful gangster, he abandons his principles to cover up his son's involvement in the death.

The Rip
Friday 16 January

Long-time friends and collaborators Matt Damon and Ben Affleck reunite for an action thriller inspired by true events. They play two Miami cops who, along with their colleagues, discover a stash of millions of dollars in cash. But when outsiders learn about the huge seizure, it leads to distrust among the group, making them all question who they can rely on. See feature, page 14.

Love Through a Prism
Thursday 15 January

Coming-of-age animated series set in 1900s London. A Japanese student travels to England to enrol in the prestigious Saint Thomas Art Academy and finds herself in the same orbit as a talented young aristocrat.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, VIAPLAY

Documentaries

Feline fine

Cat fan **David Baddiel** celebrates what makes moggies special in his new series...

NEW FACTUAL

David Baddiel: Cat Man

Friday, 8pm, C4

There are plenty of shows on the box about dogs, but lifelong cat lover David Baddiel is baffled that our feline friends are overlooked when it comes to telly programmes.

Now, the comedian wants to change that with his uplifting new three-part C4 series *David Baddiel: Cat Man*, in which he not only celebrates marvellous moggies and their uniquely amusing behaviour, but also meets fellow celebrity cat fans.

Here, Baddiel, 61, tells *TV&Satellite Week* more about the show…

Meeting a fellow cat lover

Inside the Factory

Tuesday, 8pm, BBC1

Paddy McGuinness visits the McCain factory near Scarborough to learn how it produces 80 million oven chips every day. Meanwhile, Cherry Healey (above, with McGuinness) helps harvest potatoes at a farm in the West Midlands, and historian Ruth Goodman reveals the origins of a British favourite – fish and chips.

Tour de Fred – Ireland: Part Deux

Saturday, 12.30pm, & Sunday, 11.25am, ITV1

***First Dates* star** Fred Sirieix (left) is back on his bike in Ireland for a five-part travelogue as he pedals his way from Wexford to Cork. Over two episodes this week, he visits an oyster farm and one of the oldest working lighthouses in the world, before discovering more about the world-famous Waterford crystal and trying forest yoga and wild swimming.

How to Keep Your Brain Young

Wednesday, 7pm, 5

Is it possible for us all to boost our brainpower? Dr Amir Khan (above) meets scientists who are researching the effects of food and exercise on the brain, has his brain scanned to learn about memories, and follows a group of volunteers who undertake simple challenges to see if they can improve their brains.

WORDS: HANNAH DAVIES, REBECCA FLETCHER, NATASHA HOLT PHOTOS: 5, BBC, C4, ITV

Baddiel with broadcaster Dawn O'Porter

How did this series come about? There are always TV series about dogs, right? But there's never been one that's straightforwardly about cats, which is mad. Luckily, C4 agreed, and that means I basically get to spend three episodes hanging out with cats. I think if my career ended up with me just making this show over and over again, I'd be entirely happy.

Have you always been a so-called 'cat man'? Yeah, in my lifetime, I've probably had about 30 cats. Sadly my cat Pip, who was 15, died during filming. The three that are left, Ron, Tiger and Zelda, are Pip's children, but they're all very different. Tiger is basically the nicest being I've ever met, Zelda is high-maintenance and a bit of a broken biscuit, while Ron is really jumpy and strange. You never quite know what he wants.

What makes cats such good pets? For me, it all starts with my dad. He was mainly angry for most of his life, and although he loved us, he only ever showed affection to the cat. I think that's what led me and my brothers to become cat men. I don't think I'm ever completely content unless there's a cat in the room. It's like the feeling of home.

Tell us about some of the cats you meet in the series... We visit Wilfred Warrior, who's meant to be the ugliest cat in the world and has almost a million followers on Instagram. Then there's a paddleboarding cat called Bongo and we meet a woman who takes her cat on walks. They've even hiked up Ben Nevis together!

And what about your fellow celebrity cat fans? So, on the show we have Ricky Gervais and Jonathan Ross, who currently has two cats, Maud and Pads Pickleson. Then there's Dawn O'Porter, who had her favourite cat freeze-dried. Honestly, you wouldn't know it was dead apart from the fact that it doesn't move!

Valley of the Kings: Secret Tomb Revealed

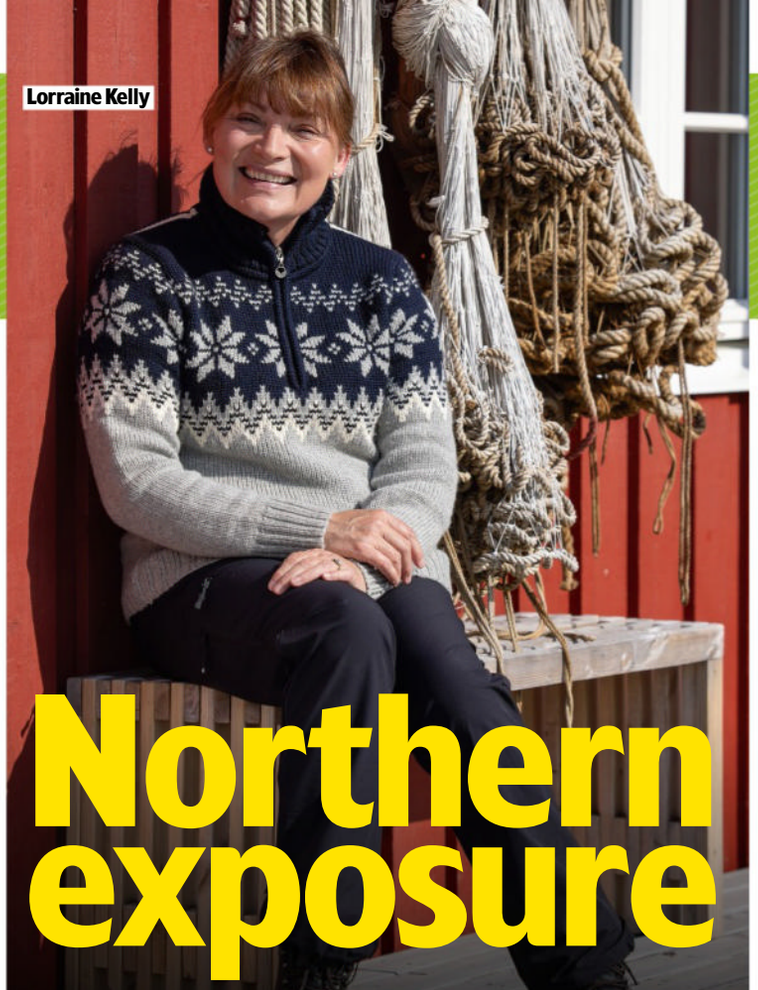
Saturday, 7pm, C4

Cameras follow archaeologists as they excavate the burial chamber of Pharaoh Ramses III, one of the most spectacular tombs in the Valley of the Kings, which has never been fully explored. The dig reveals 3,000-year-old treasures and evidence that could shed light on the warrior king's assassination.

Jamie's Feasts for a Fiver

Monday, 8pm, C4

With all of us watching the pennies after Christmas, Jamie Oliver (above) is here to serve up some delicious affordable dishes and money-saving tricks. The series begins with a hearty chicken hotpot that's perfect for batch cooking, alongside a quick and aromatic fish curry and budget-friendly French-toast crumpets.



Lorraine Kelly

Northern exposure

Lorraine Kelly explores Norway's unique landscape and culture

NEW TRAVELOGUE

Lorraine Kelly's Norwegian Odyssey

Thursday, 8pm, C4

Lorraine Kelly is kicking 2026 off by swapping her TV-studio sofa for a snow-capped Scandinavian adventure when the daytime presenter goes in search of sea eagles and the Northern Lights in a new three-part C4 series, *Lorraine Kelly's Norwegian Odyssey*.

'I've wanted to do travel shows since I was a kid, but I've never had the opportunity,' says the 66-year-old, who travels more than 1,000 miles through Norway's epic landscape, where she discovers the local culture, history and food.

'Growing up in Scotland, I was fascinated by tales from across the water – of Viking longboats and Norse warriors and really wanted to meet my northern neighbours.'

Her travels start at the gateway to the fjords in Ålesund. She sails through Hjørundfjord and up to Trondheim, once the nation's Viking capital.

'It's stunning – like travelling back in time,' says Kelly.

Other highlights in the series include spotting majestic sea eagles off the coast of Svolvær, catching cod near the Lofoten Islands, and getting a baby-goat massage in the Arctic Circle.

'They jump on your back, it's wonderful,' she smiles. 'Most of the wildlife took my breath away. I loved seeing orcas and huskies – even if I did steer the dogs into the only tree in front of me!'

Along the way, the presenter also threw herself into the Norwegian concept of *friluftsliv* – embracing outdoor living.

'It's all about having a sense of contentment,' she reveals. 'I found the further north we went, the more in tune with nature and the more contented people were. Like the Sami people, reindeer-herders I met in the Vesterålen region, who are at one with nature and live a free, nomadic life. Being welcomed into their tents and hearing their stories and songs was amazing. You see the beauty in simplicity.'

Kelly heads north

Films ... r pick of

SISU

MOVIE OF THE WEEK

Road to Revenge

Jorma Tommila's one-man army returns to take on sadistic Soviet **Stephen Lang**

ACTION THRILLER

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★★

Rarely has the phrase 'it does what it says on the tin' been more appropriate than in this blast 'em up action sequel to savour. A superb Jorma Tommila lets his expressive face do the talking as the strong, silent hero who, in 1946 on the Finnish/Soviet border, returns to his house where his family was massacred during the war.

Dismantling his home plank by plank, he loads the entire house on a lorry and sets off to find a safe place to live. However, danger lies ahead in the form of scene-stealing Stephen Lang's Russian villain (the man who killed Tommila's family), dispatched by Richard Brake's KGB officer to finish the job he started. And so begins a marvellous revenge story between Tommila (whose cute little dog also makes a welcome return) and Lang.

Director Jalmari Helander ensures his foot stays on the accelerator as a plentiful supply of bad-guy extras are lined up to be bludgeoned, blown up, stabbed, run over and decapitated while the protagonists wage war in planes, trains and automobiles. There's not a single wasted second in its trim running time, while the brilliantly executed set pieces just get better and better. 2025, 15, 89MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, LIZ MILROY, NIGEL PIZEY

More premieres and Day by Day planner ›››

this week's Best Movies

SCI-FI THRILLER

In Vitro

Available now, Prime Video ★★★

In a near-future world where cloning animals is the only way to make up for severe food shortages, Australian cattle farmer/scientist Ashley Zukerman (*Succession*, *Silo*) is busy tinkering away at creating cows, but failing. He's determined to clone an animal in as little as two weeks, thus be able to feed a desperate population. His wife Talia Zucker, though, has other things on her mind, as she becomes increasingly suspicious of her husband's other, more secretive extra-curricular and surreptitious experiments... The Australian landscape has never appeared as bleak and unforgiving as in this well thought-out, gripping low-fi sci-fi thriller that uses its brief running time to sustain its grip. It's helped enormously by two excellent lead actors, too. 2024, 15, 88MIN

No beef: Ashley and Talia

Trapped: Samara and Ray

COMEDY THRILLER

Borderline

Saturday, 8.35am & 12.30am, Sky Premiere ★★★

Taking a literal stab at celebrity stalker culture, this messed-up bundle of genres of a movie sees Ray (son of Jack) Nicholson play Paul, a lunatic with a fixation on famous actress and singer Sofia (Samara Weaving). Along with fellow gleeful psychopath Penny (a terrific Alba Baptista), he breaks into Sofia's mansion with the sole intention of marriage, happy to leave bloody carnage behind him. But Sofia's loyal bodyguard (Eric Dane) is in his way... The jokes don't all land and the tone shifts constantly, but the film is helped enormously by a strong set of actors (including a woefully underused Jimmie Fails). This uneven directorial debut of writer Jimmy Warden (Weaving's real-life husband) does have plenty of upsides, including one of the most bizarre piano duets you're likely to witness. 2025, 15, 94MIN

FANTASY ACTION

Red Sonja

Available now, Prime Video ★★★

To claim this is better than the 1985 Brigitte Nielsen sword 'n' sorcery vehicle is not much of a bar to step over (even though it featured Arnold Schwarzenegger's Conan in it) – what holds this latest version back is the obvious lack of budget. Which is a shame, because Matilda Lutz's take on the role is really good, as she sets out to destroy cowardly but sadistic ruler Draygan (a fun Robert Sheehan) and free the lands from his tyranny. Even some of the set pieces are well orchestrated, but some god-awful CGI really lets it down. That being said, it's still more fun than you would expect. 2025, 15, 110MIN

Fighter: Matilda

Sea all: Tom, Tim and Carey

COMEDY DRAMA

The Ballad of Wallis Island

Friday, 10.25am & 8pm, Sky Premiere ★★★★

When down-on-his-luck folk musician Tom Basden arrives on a tiny island for a gig, little does he realise it's a concert for one. That would be Tim Key, an awkward, eternally optimistic man who, again unknown to the singer, has also invited Basden's ex-partner, Carey Mulligan, for a musical reunion, after the pair had split over a decade ago. A sweet tale of lost love, grief and the power of music, it's also amusing – especially thanks to Key – but also capable of real pathos that hits surprisingly hard. Re-scheduled from 2 Jan. 2025, 12, 99MIN

Films

The gang's all here: Jesse and co

MYSTERY THRILLER

Now You See Me, Now You Don't

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★

First encountered in 2013's tricksy heist movie *Now You See Me*, those swaggering magicians the Four Horsemen are back for their third highly convoluted caper. This time the quartet – cocky illusionist J Daniel Atlas (Jesse Eisenberg), sly hypnotist Merritt McKinney (Woody Harrelson), light-fingered cardsharp Jack Wilder (Dave Franco) and daring escape artist Henley Reeves (Isla Fisher) – are joined by young challengers Bosco (Dominic Sessa), June (Ariana Greenblatt) and Charlie (Justice Smith), a trio who are using their magic skills to right social wrongs.

The two groups join forces to take down money-laundering mining magnate Veronika Vanderberg (Rosamund Pike). As they plot to steal from under her nose a giant gem known as the Heart Diamond, there is plenty of the series' trademark jiggery-pokery and glossy globetrotting.

The gang's intricate deceptions are fun and clever, although the dazzle does wear off pretty quickly. Even so, it's not hard to see the *Now You See Me* films turning into a knowingly ridiculous *Mission: Impossible*/*Fast & Furious*-type franchise. 2025, 12, 112MIN

Hidden gems Great movies you might have missed...

COMEDY DRAMA

Choke

Disney+ ★★★★

Sam Rockwell stars as a scuzzy, sex-addicted conman who pays for the hospital bills of his sick old mother (Anjelica Huston) by pretending to choke on food in posh restaurants and playing on the sympathies of those who try to rescue him to get money out of them. Director Clark Gregg's dark-hued comedy drama is extremely intelligent, confident and clever, based on a novel by Chuck Palahniuk, the author of *Fight Club*. 2008, 18, 88MIN

MYSTERY CHILLER

The Empty Man

Disney+ ★★★★

This strange and mysterious horror begins with a bizarre 20-minute prologue before we get to the meat of the tale, in which ex-cop James Badge Dale searches for his neighbour's missing teen daughter. But his journey takes a multitude of bizarre turns... Despite a hefty run time, the film is always engaging, helped enormously by a magnetic Dale, and while the final act may leave some scratching their heads, it seems destined for cult status. 2020, 18, 137MIN

COMEDY DRAMA

White Noise

Netflix ★★★★

Hitler Studies professor Jack (Adam Driver) and his peppy exercise-instructor wife Babette (director Noah Baumbach's real-life partner Greta Gerwig, sporting a magnificent blonde perm) pack up their quirky brood during an 'Airborne Toxic Event' and flee into a potential apocalypse. Adding to the chaos and confusion, are some mysterious pills... This eccentric film flips between comedy and tragedy but go with it and it's great fun. 2022, 15, 136MIN

Saturday 10 January

THRILLER

Drop

6.20pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Arriving at a posh restaurant with a view for her first date in years, widowed mum Meghann Fahy starts receiving strange messages on her mobile. There's a masked gunman in her house, who will kill her son and her babysitting sister unless she does exactly what the texts say without telling anyone – least of all her concerned but confused date (Brandon Sklenar). Twist is, the messages are coming from inside the restaurant, so the enemy can see and hear everything she's doing… Director Christopher Landon's clever thriller stokes up the suspense to brilliant effect and Fahy is excellent in this fun, sweaty-palmed thrill ride. 2025, 15, 95MIN

Up in the air: Meghann

WAR COMEDY

Kelly's Heroes

1pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

There's a fortune in gold in a bank behind Nazi lines in France and Clint Eastwood and his gang of renegade GIs try to get their hands on it, deciding there's more to World War Two than killing and being killed. Telly Savalas is the tough-talking sergeant and Donald Sutherland makes a big impression as a hippie, Oddball, who plays music going into battle and engages the enemy with the world's largest paintballs. Mostly it's loud, but there's a very funny sequence when the three stroll up against a tank, complete with a twanging guitar accompaniment. 1970, PG, 143MIN

ACTION

Top Gun: Maverick

8pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise returns as US naval aviator Pete 'Maverick' Mitchell. A cocky recruit back in 1986's *Top Gun*, he is now brought in to train a new batch of chalk-and-cheese types (including Miles Teller and Glen Powell) for a dangerous mission. There was never any doubt the aerial dogfight sequences would be gasp-inducing, but that the film gets it right on the ground too was more up in the air. But Cruise is the best of the best when it comes to thrills and this is an expertly crafted – and surprisingly emotional – blockbuster. 2022, 12, 130MIN

WAR DRAMA

Empire of the Sun

5.15pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Christian Bale gives an impressive, totally natural performance in his film debut as an English boy interned in World War Two China. Steven Spielberg's film of JG Ballard's semi-autobiographical novel follows Bale's transition from posh public schoolboy to resourceful urchin. John Malkovich is a crafty Yank and Nigel Havers the overworked camp's doctor. Spielberg's masterful grasp of events is especially evident in the evacuation of Shanghai and also memorable is Bale's ecstatic first sight of a Mustang plane. 1987, PG, 152MIN

THRILLER

A Few Good Men

10.35pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A slick, star-studded legal drama in which director Rob Reiner (who died last month) has little to do except let his cast loose and watch the sparks fly. Tom Cruise plays a cocky Naval defence attorney trying to build a case for a pair of Marines accused of murdering one of their former comrades at the US base at Guantanamo Bay in Cuba. Demi Moore and Kevin Bacon do well, but it is Jack Nicholson who is truly electrifying as the base's commanding officer. 1992, 15, 132MIN

■ Full listings start on **p35**

Sunday 11 January

DRAMA

12 Years a Slave

1am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A brilliant drama based on the memoir of Solomon Northup (Chiwetel Ejiofor), a free New York family man abducted and sold into slavery in the pre-Civil War American South. Director Steve McQueen's powerful and unflinching film is a tough watch but, ultimately, it's a tale of resilience and survival. Ejiofor's terrific acting – embodying Solomon's dignity and intelligence as well as his suffering – makes the point emphatically and also impressive are Benedict Cumberbatch and Brad Pitt as the kind-hearted faces of his incarceration, Michael Fassbender and Paul Dano as the cruel sides of the story and Lupita Nyong'o as a fellow slave. 2013, 15, 134MIN

Trapped: Lupita and Chiwetel

FAMILY COMEDY

Big

2.40pm, ITV1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A boy makes a wish on a fairground machine to be 'big' and, next morning, he discovers that he's turned into 30-year-old Tom Hanks! Much of the humour in this delightful movie is derived from Oscar-nominated Hanks' expert comic timing and his perfect depiction of the boy in an adult's body. Viewed through the eyes of a child, the complicated rules and rituals of life in the grown-up world – ambition, office politics, empty relationships – are put into perspective perfectly. Heartwarming, touching and very, very funny. 1988, PG, 102MIN

FAMILY DRAMA

Wonder

2.50pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

A boy (Jacob Tremblay) with a genetic condition learns how to face down the stares and bullies when he starts school in this deft adaptation of RJ Palacio's novel, which successfully treads the fine line between schmaltz and heartwarming drama. The emotional journeys taken by the people around the lad – including his classmates and neglected older sister (Izabela Vidovic) – prove equally moving. Julia Roberts and Owen Wilson bring immense charm and heart to their roles as his parents, while Tremblay is touchingly good. 2017, PG, 113MIN

THRILLER

Eye in the Sky

6.15pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Unfolding in near real time, this riveting thriller puts the ethics of drone warfare under scrutiny. It follows a diverse group of players as they strive to knock out a terrorist cell. In Nairobi, Barkhad Abdi's field agent puts his life on the line spying on the terrorists; from Nevada, Aaron Paul's conscience-stricken US air force officer pilots the drone flying overhead; Helen Mirren's steely colonel directs the operation from Surrey and, in London, Alan Rickman's sardonic army officer advises a group of politicians as they dither and try to pass the buck. 2015, 15, 102MIN

WAR DRAMA

Saving Private Ryan

10pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Steven Spielberg is at his best in this intensely powerful war film that kicks off with gut-wrenching scenes of US army officer Tom Hanks and his men landing, on 6 June 1944, on the Normandy beaches into a hail of German bullets. It's an astonishing sequence that pours on the pain, heroism and squalor of the battlefield. The emotional story that follows sees Hanks leading the search for Matt Damon's Private Ryan, whose brothers have died in action. 1998, 15, 169MIN

■ Full listings start on **p45**

Weekday movies over page

Films Weekday movies

Monday 12 January

DRAMA

The Salt Path

On now, Prime Video ★★★

Sex ●○○ Violence ○○○ Language ●●○

Raynor Winn's best-selling but controversial memoir is turned into a slow-burning drama played out against some spellbinding scenery. Gillian Anderson and Jason Isaacs put in the miles as a couple embarking on a trek around the south-west coast of England. The film eschews sentimentality in favour of a nuanced look at two people who through perseverance, endeavour and stubbornness turn their crisis into a new outlook on life. It doesn't always ring true, but is undoubtedly uplifting and inspirational. 2024, 12, 115MIN

All at sea: Gillian and Jason

ACTION

Mad Max

6.20pm, Sky Hits ★★★★★

Sex ●○○ Violence ●●○ Language ●○○

With its astounding car chases and crazy stunts, this Australian film, directed with panache by George Miller, took the world by storm. Mel Gibson has his most iconic role as vengeful cop Max Rockatansky, on the warpath in a post-apocalyptic outback after biker gangs mow down his wife and child, and his portrayal was a key pit-stop for him on the road to international superstardom. The two sequels follow at 8pm and 9.45pm. 1979, 15, 93MIN

COMEDY DRAMA

Eternal Beauty

11pm, BBC2 (not NI) ★★★

Sex ●●○ Violence ○○○ Language ●●○

Sally Hawkins excels as Jane, a middle-aged woman with schizophrenia who has drifted in and out of institutions and now exists on the periphery of her dysfunctional family. Using saturated colours, this is stylish and does sterling work in its sympathetic depiction of Jane's state of mind. But the film could have dug deeper – not least when it gives the impression that Jane's condition is basically 'man trouble'. 2019, 15, 94MIN

THRILLER

Trap

8pm, Sky Sci-Fi/Horror ★★★★

Sex ○○○ Violence ●●○ Language ●●○

Josh Hartnett takes his teen daughter (Ariel Donoghue) to a pop concert to see her idol Lady Raven (Saleka Shyamalan). But, gradually, it dawns on him that the concert is a ruse by the FBI to nab him, because he's a serial killer. So he has to find a way out and ensure his daughter still has the best night ever. Writer-director M Night Shyalaman's taught thriller is wildly entertaining with ace star turns. 2024, 15, 105MIN

COMEDY DRAMA

Words on Bathroom Walls

12.15am, BBC3 ★★★★

Sex ○○○ Violence ○○○ Language ●○○

A touching and perceptive drama, based on Julia Walton's novel and starring Charlie Plummer as schizophrenic teen Adam. His world falls apart after a psychotic episode, then, sent to a new school, he falls for high-achiever Maya (Taylor Russell) who has a secret of her own. It's amusing, tender and lighthearted – and the leads are terrific. 2020, 12, 110MIN

■ Full listings start on p55

Tuesday 13 January

COMEDY DRAMA

The Duke

11pm, BBC2 (not Northern Ireland, Wales) ★★★★

Sex ○○○ Violence ○○○ Language ●●○

This gentle, feel-good comedy drama tells the true story of Kempton Bunton (Jim Broadbent), a Geordie taxi driver who becomes embroiled in the 1961 theft of Goya's *Portrait of the Duke of Wellington* from London's National Gallery. In a perfectly tailored role, Broadbent shines as the self-styled man of the people, while Helen Mirren as his wife and Fionn Whitehead and Jack Bandeira as their sons also do well. A captivating film to delight the whole family, this is anything but painting by numbers. 2020, 12, 95MIN

The art of the deal: Jim

ANIMATION

Scoob!

10.45am & 7.40pm, Sky Animation ★★★

Sex ○○○ Violence ○○○ Language ○○○

There's a mawkish first meeting for Shaggy (voiced by Will Forte) and Scooby-Doo (Frank Welker), then this inventive reboot finds a witty, self-aware groove, balancing nostalgia for the TV series with contemporary sass. Zac Efron and Amanda Seyfried are among the voice cast as the kids contend with cyber-scorpions, a resurrected hound of Hades, global apocalypse – and Simon Cowell! 2020, PG, 94MIN

ACTION COMEDY

Novocaine

11.30am & 11pm, Sky Action ★★★

Sex ●○○ Violence ●●● Language ●●●

Mild-mannered deputy bank manager Nate (Jack Quaid) lives a very careful life because he is unable to feel pain – even eating solids is too perilous. But things change when colleague Sherry (Amber Midthunder) starts bringing him out of his shell. Then she's kidnapped and he sets off to rescue her, taking some eye-wateringly hard and hilarious knocks along the way. Quaid's a real charmer in a pacy caper. 2024, 15, 109MIN

THRILLER

Heat

9pm, Film4 ★★★★★

Sex ●○○ Violence ●●○ Language ●●○

This epic crime drama is one of the very best American thrillers of the 1990s. Writer-director Michael Mann's movie revolves around the relationship between Robert De Niro's crook, who wants to pull off one last heist then retire, and Al Pacino's burnt-out cop, who's determined to stop him. It is more a moody character piece than an action movie, but the bank robbery is a textbook exercise in screen suspense. 1995, 15, 171MIN

HORROR

28 Days Later...

11.40pm, BBC1 (12.10am Scot, not N Ireland) ★★★★★

Sex ●○○ Violence ●●● Language ●●○

Waking up from a coma to find London deserted, Cillian Murphy learns a virus has turned people into raging zombies. But there is a handful of other survivors... Director Danny Boyle's chilling classic builds up a great sense of menace and keeps you glued for its entire running time. The latest film, *28 Years Later: The Bone Temple* is in cinemas from Friday. 2002, 18, 113MIN

■ Full listings start on p65

Wednesday

PSYCHOLOGICAL CHILLER

The Woman in the Yard

9.45am & 9.50pm, Sky Sci-Fi/Horror ★★★

Sex ○○○ Violence ●●○ Language ●●○

Decimated by grief and depression, while also being constrained with a broken leg, Danielle Deadwyler has sunk to an all-time low after the death of her husband. Left with a fixer-upper farm

Veiled threat: Okwui

SCI-FI

Dune: Part Two

1.25pm, Sky Hits ★★★★★

Sex ●○○ Violence ●○○ Language ●○○

Director Denis Villeneuve's richly satisfying sequel is magnificent, conjuring wonder, scale and impact. Wrangling the unruly elements of Frank Herbert's novel, the story picks up shortly after *Part One*, with Paul (Timothée Chalamet) and Jessica (Rebecca Ferguson) joining the Fremen, who live as one with the planet Arrakis. But as Paul bonds with Fremen scrapper Chani (Zendaya), he has nightmares of a grim destiny... 2024, 12, 166MIN

COMEDY

Trading Places

5.55pm, Sky Cinema Comedy ★★★★★

Sex ●○○ Violence ○○○ Language ●●○

Dan Aykroyd plays a stuck-up posh guy who deals in stocks and shares for the Duke brothers (Ralph Bellamy and Don Ameche), while Eddie Murphy is a poor but wily street hustler. On a bet, the Dukes swap them round – and the fun really begins! Jamie Lee Curtis weighs in as Aykroyd's only ally and Denholm Elliott's butler gets all the best lines in John Landis' classic screwball comedy. 1983, 15, 116MIN

14 January

and two kids (Peyton Jackson and Estella Kahiha), she's shaken out of her funk by a veiled woman (Okwui Okpokwasili) clad in black who appears from nowhere and sits on her lawn. An interesting take on loss and its after-effects, this smart film has *Twilight Zone* vibes, especially in its thought-provoking, ambiguous ending. 2025, 15, 88MIN

ROMCOM

Lost in Translation

6.15pm, Sky Drama ★★★★★

Sex ●○○ Violence ○○○ Language ●○○

This gentle comedy about romantic and geographical dislocation is delightfully fresh. Bill Murray is superb as the cynical actor in Tokyo to film a ridiculous whisky advert, who is drawn into an unaffected relationship with disenchanted fellow traveller Scarlett Johansson. The third major character in the film is Tokyo itself in all its contradictory glory, the city of the future that remains firmly entrenched in the past. 2003, 15, 102MIN

HORROR

Heart Eyes

2.45am, Sky Sci-Fi/Horror ★★★★

Sex ●●○ Violence ●●● Language ●●○

A terrifying masked serial killer with hearts for eyes pops up to kill couples on Valentine's Day, but mistakes workmates Olivia Holt and Mason Gooding for a loved-up pair... The stars are great, as if they're in a romcom that's gone horribly sideways, in director Josh Ruben's smart, scary, sometimes shockingly gory and wildly fun horror comedy. 2025, 18, 97MIN

■ Full listings start on **p75**

Thursday 15 January

DRAMA

The Brutalist

10.10pm, Sky Drama ★★★★★

Sex ●●● Violence ●●○ Language ●●●

A Jewish-Hungarian Holocaust survivor and architect, László Tóth (Adrien Brody), tries to remake his life in the postwar US. He finds a patron in Guy Pearce's wealthy industrialist, who could help him achieve his architectural dreams. As director Brady Corbet builds up his depiction of this uncompromising modernist, he also carries out a powerful demolition job on the myth of the American Dream. Anchored by Brody's anguished intensity, this is a distinctive, monumental film. 2024, 18, 215MIN

Man with a plan: Adrien

ANIMATION

Smurfs

6.10am & 3.30pm, Sky Premiere & Paramount+ ★★

Sex ○○○ Violence ○○○ Language ●○○

PREMIERE In this animated reboot for the perky blue creatures, Smurfette leads her fellows on a globe-trotting trip into the real world – from Paris to Germany and the Australian outback – after an evil wizard kidnaps Papa Smurf. There are a couple of clever sequences and a great voice cast (including Rihanna, John Goodman, James Corden and Sandra Oh), but this is very forgettable. 2025, PG, 90MIN

FAMILY

IF

4.05pm & 1.30am, Sky Family ★★★

Sex ○○○ Violence ○○○ Language ○○○

With her mum dead and dad (director and co-writer John Krasinski) in hospital, 12-year-old Cailey Fleming discovers hope in the shape of some lost imaginary friends (IFs), corralled by curmudgeonly Ryan Reynolds. It's corny, but this colourful film blossoms into something magical, helped by a starry IF voice cast, including Steve Carell, Phoebe Waller-Bridge and George Clooney. 2024, U, 104MIN

THRILLER

The Bourne Identity

8pm, Sky Thriller ★★★★★

Sex ●○○ Violence ●●○ Language ●○○

Matt Damon is ideal in this first adaptation of the Robert Ludlum bestsellers. He wakes from a coma with bullet wounds in his back and no memory – until a Swiss bank account leads to the discovery of many aliases and a probable career as a spy... A brilliant car chase is among the vigorous action to enjoy as Damon's resourceful tough guy is tested to the limit. Franka Potente helps him and Clive Owen is on his trail. 2002, 12, 119MIN

ACTION

Twisters

8pm, Sky Action ★★★★

Sex ○○○ Violence ●○○ Language ●○○

This reboot/sequel to the 1996 hit is a swirl of spectacle, likeable characters and heartfelt sentiment. Daisy Edgar-Jones' ex-storm-chaser is persuaded to join her old pal Anthony Ramos' team to face a once-in-a-generation cluster of twisters. Among those racing them towards the funnels of fury is Glen Powell's cocky YouTube star. It's a blustery blast. 2024, 12, 122MIN

■ Full listings start on **p85**

Friday 16 January

COMEDY HORROR

The Blackening

11.30pm, BBC1 (12m't Northern Ireland, Scotland) ★★★★

Sex ○○○ Violence ●●○ Language ●●●

In a rollicking spoof, an all-black cast skewers the slasher-film trope that the black character always dies first. Renting a cabin for a weekend reunion, some pals stumble on The Blackening, a board game centred on racist caricatures. They play, triggering a recording of a figure who subjects them to some nasty puzzles. Jokes are cracked, the mystery deepens and the strong cast (Sinqua Walls, X Mayo, Melvin Gregg, Dewayne Perkins, Antoinette Robertson, Grace Byers and Jermaine Fowler) is whittled down. 2022, 15, 97MIN

Die cast: Antoinette and Sinqua

SCI-FI ACTION ROMANCE

The Adjustment Bureau

6.55pm, Film4 ★★★★

Sex ●○○ Violence ●○○ Language ●○○

Matt Damon's rising US politician suffers a setback when a past misdemeanour is exposed. Then he meets Emily Blunt's ballet dancer and things start looking up again, only to take an odd turn when creepy blokes in sharp suits and funny hats appear, intent on breaking them up... Based on a Philip K Dick tale, this is an entertaining mix of sci-fi and romance, topped off with some pacy action. 2011, 12, 105MIN

COMEDY

Hot Fuzz

10.45pm, ITV1 ★★★★★

Sex ●○○ Violence ●●○ Language ●●○

A comedy triumph from *Shaun of the Dead*'s Simon Pegg, Nick Frost and director Edgar Wright. Pegg stars as an over-zealous London police officer dumped in a quaint country hamlet, only to find himself up to his neck in corpses, dim village coppers and even dimmer yokels. The entire cast never lets the audience know that they are in on the joke, playing out this entire farce with splendidly po-faced solemnity. 2007, 15, 121MIN

FAMILY

Grow

9.50pm, Sky Family ★★★★

Sex ○○○ Violence ○○○ Language ○○○

A delightful family comedy in the vein of a Roald Dahl tale. With her mum having done a runner years ago, Charlie (Priya-Rose Brookwell) is sent to live with her Aunt Dinah (Golda Rosheuvel), who has problems of her own with a failing farm. But Charlie is able to communicate with plants – a big advantage when she enters a local pumpkin competition with help from Nick Frost's eccentric and Dominic McLaughlin's school pal. 2025, PG, 103MIN

COMEDY

Good Boys

1.05am, C4 ★★★

Sex ●●○ Violence ○○○ Language ●●●

This sweary comedy finds three innocent 12-year-old boys (Jacob Tremblay, Keith L Williams and Brady Noon) getting into a series of raunchy scrapes after a mishap with a grown-up's drone. The best friends skip school to put things right, but their mission turns into a series of wild escapades involving stolen drugs and pursuit by a pair of teen girls. 2019, 15, 90MIN

■ Full listings start on **p95**

Sport week

Your **ultimate guide** to the best of the week's live action

THE MAIN EVENT

Will holders **Crystal Palace** fall victim to a giant-killing?

FA Cup Third Round

LIVE FOOTBALL

Friday 9 January-Monday, BBC1, TNT Sports & Discovery+

There were jubilant scenes at Wembley in May when Crystal Palace won the FA Cup for the first time in their 120-year history with a 1-0 victory over Manchester City.

Now, Oliver Glasner's Eagles begin the defence of their crown in this week's third round. And in true FA Cup tradition, Palace must first avoid a banana skin when they travel to non-league Macclesfield on Saturday (k-o 12.15pm, BBC1, TNT Sports 1 & Discovery+).

While Palace are enjoying another excellent season, Macclesfield are mid-table in the sixth-tier National League North after the club was forced to reform in 2020 following liquidation – as documented in two BBC series following Robbie Savage's stint as manager of the beleaguered Cheshire club.

The match is just one of 22 ties being televised live, including the all-Premier League game between Tottenham Hotspur and Aston Villa (Saturday, k-o 5.45pm, BBC1, TNT Sports 1 & Discovery+). But the real romance of the competition comes from the David v Goliath match-ups as lower-league sides seek to topple their illustrious opponents.

Here, we pick the ties most likely to see a giant-killing…

WREXHAM v NOTTINGHAM FOREST

Friday 9 Jan, kick-off 7.30pm, TNT Sports 1 & Discovery+

New boss Sean Dyche (right) has started well at Forest. The two-time winners made it to Wembley last season, losing to Manchester City in their first FA Cup semi-final since 1991, while Hollywood-backed Wrexham have made a solid start to life in the Championship.

WOLVES v SHREWSBURY TOWN

Saturday, kick-off 12.15pm, TNT Sports 6 & Discovery+

With his side rooted to the bottom of the Premier League, Wolves boss Rob Edwards risks further humiliation when his former club arrive at Molineux for this local derby. League Two Shrewsbury avoided a giant-killing of their own by defeating non-league Sutton in the last round in a game that saw three red cards.

GRIMSBY TOWN v WESTON-SUPER-MARE

Saturday, kick-off 5.45pm, TNT Sports 5 & Discovery+

League Two Grimsby Town might not be considered giants of world football, but try telling that to fans of Weston-super-Mare as the non-league outfit seek to cause an upset. The National League South side are in the third round for the first time in their 139-year history thanks to goals from Louis Britton in their second-round win over Chelmsford City.

CHARLTON ATHLETIC v CHELSEA

Saturday, kick-off 8pm, TNT Sports 1 & Discovery+

It's been a long time since The Valley last witnessed an FA Cup shock, but it remains an unforgiving away trip for any team facing Charlton's passionate home crowd. Currently hampered by an injury list longer than the queue for half-time beers, the mid-table Championship side still boast a resilient defence marshalled by Lloyd Jones (right) and Kayne Ramsay.

WORDS: NICK CANNON, RICHARD MCCLURE. PHOTOS: ALAMY, GETTY

Palace lifted the cup last season

Macclesfield's James Edmondson

PORTSMOUTH v ARSENAL

Sunday, kick-off 2pm, TNT Sports 1 & Discovery+

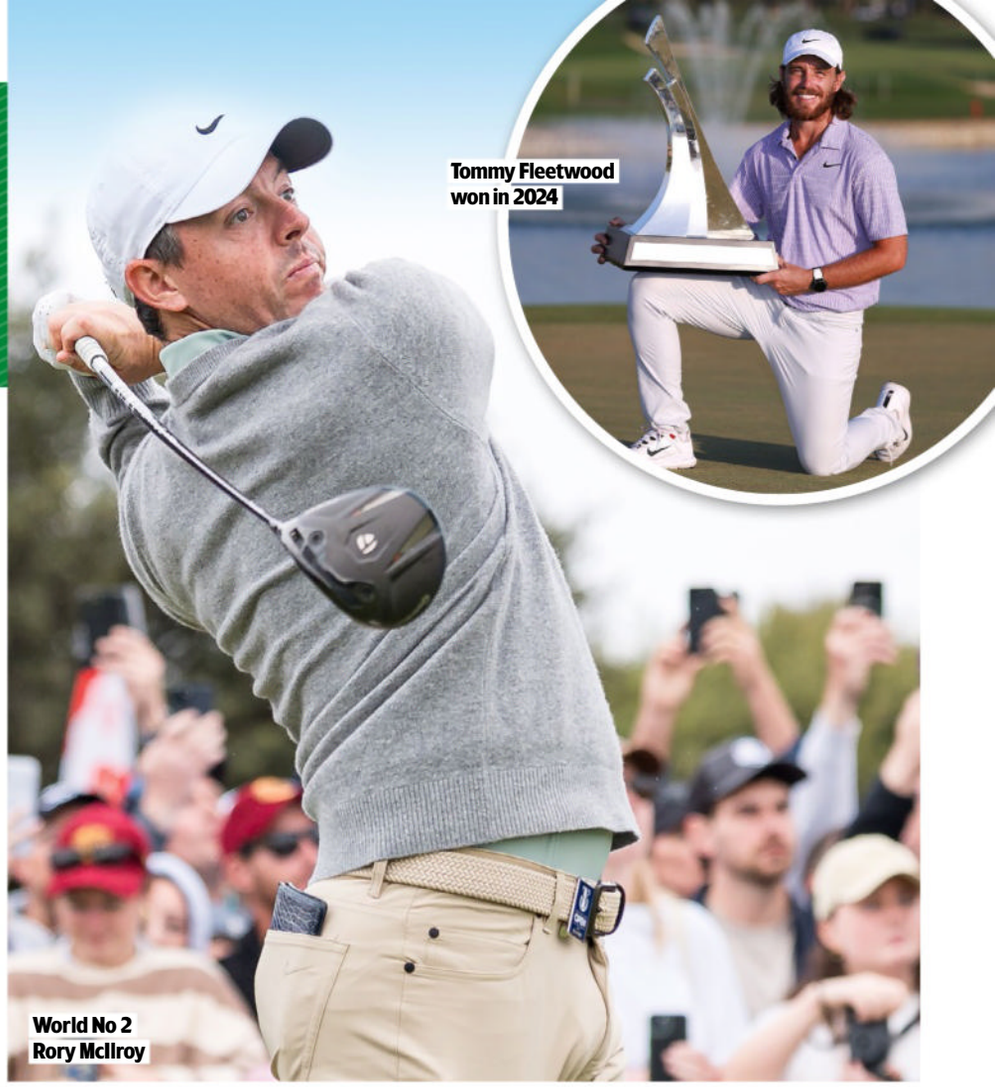
After winning the Cup for Palace last season, Eberechi Eze (left) will want to inspire new club Arsenal at Fratton Park. The sides met in the fifth round in 2020 when the Gunners won 2-0 as Mikel Arteta's side went on to claim the tournament.

LIVE GOLF

Dubai Invitational

From Thursday, Sky Sports Golf & Sky Sports Main Event

Fresh from winning BBC Sports Personality of the Year, Rory McIlroy begins his 2026 by competing in this pro-am tournament at the Dubai Creek Resort in a field that includes his Ryder Cup pal Tommy Fleetwood, who will be defending his title. Last year, McIlroy became only the sixth man to complete a career grand slam, and among his targets for 2026 is equalling Colin Montgomerie's record of eight European Tour titles. 'I don't know what I'm going to do to top 2025,' says McIlroy. 'I have got a lot more I want to achieve.'



World No 2 Rory McIlroy

Tommy Fleetwood won in 2024

Bordeaux-Bègles' Damian Penaud

LIVE RUGBY UNION

European Champions Cup

Fri 9 Jan-Sun, Premier Sports 1, Premier Sports 2 & S4C

The third round of pool matches takes place over the weekend, with a top-of-the-table clash between Bordeaux-Bègles and Northampton Saints among the highlights. Both sides are undefeated ahead of Sunday's Pool 4 encounter (kick-off 3.15pm), a repeat of last year's final which saw Damian Penaud shine for the French outfit as they claimed the Champions Cup for the first time with a 28-20 victory in Cardiff.

Lilah Fear and Lewis Gibson

LIVE WINTER SPORTS

European Figure Skating Championships

From Wednesday, broadcaster unconfirmed as we went to press

After becoming national champions for a record eighth time (more than Jayne Torvill and Christopher Dean) in November, British ice dancers Lilah Fear and Lewis Gibson return to Sheffield as the UK stages the European Championships for the first time since 2012. With next month's Winter Olympics in their sights, the duo have chosen a rhythm dance routine to a Spice Girls medley, and a Scottish-inspired free dance that includes The Proclaimers' *I'm Gonna Be (500 Miles)*.

Ronnie O'Sullivan

LIVE SNOOKER

The Masters

From Sunday, BBC2, BBC4, TNT Sports & Discovery+

Having turned 50 last month, Ronnie O'Sullivan will be aiming for a record-extending ninth Masters victory when the Triple Crown tournament – featuring only the top 16 ranked players – gets under way at London's Alexandra Palace. The Rocket begins against two-time champion Neil Robertson, while other tasty first-round ties include defending champion Shaun Murphy versus Wu Yize.

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

Formula E
Britain's Jake Dennis leads the championship table as the series hits Mexico City on Saturday

AMERICAN FOOTBALL

LIVE NFL first Wild Card play-off
Sat 9.30pm Sky Sports Main Event & Sky Sports NFL

LIVE NFL second Wild Card play-off
Sat 1am Sky Sports Main Event & Sky Sports NFL

LIVE NFL third Wild Card play-off
Sun 5.30pm 5, 6pm Sky Sports NFL & 6.45pm Sky Sports Main Event

LIVE NFL fourth Wild Card play-off
Sun 9.30pm Sky Sports Main Event & Sky Sports NFL

LIVE NFL fifth Wild Card play-off
Sun 1.10am Sky Sports Main Event & Sky Sports NFL

LIVE NFL sixth Wild Card play-off
Mon 1am Sky Sports Main Event & Sky Sports NFL

BASKETBALL

LIVE Orlando Magic v New Orleans Saints
Sun 8pm Sky Sports+ & Sky Sports Mix

LIVE Indiana Pacers v Boston Celtics
Mon 12.30am Sky Sports+

LIVE Sacramento Kings v Los Angeles Lakers
Mon 3am Sky Sports+

LIVE Milwaukee Bucks v Minnesota Timberwolves
Tue 1am Sky Sports+

LIVE Golden State Warriors v Portland Trail Blazers
Tue 4am Sky Sports+

CRICKET

LIVE Brisbane Heat v Sydney Thunder
Sat 6am Sky Sports Cricket

LIVE Melbourne Renegades v Melbourne Stars
Sat 8.10am Sky Sports Cricket

LIVE UP Warriorz v Gujarat Giants
Sat 9.50am Sky Sports Mix

LIVE Paarl Royals v Pretoria Capitals
Sat 11.30am Sky Sports Cricket

LIVE Mumbai Indians v Delhi Capitals
Sat 1.50pm Sky Sports Mix

LIVE Joburg Super Kings v MI Cape Town
Sat 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE Sydney Sixers v Hobart Hurricanes
Sat 3am Sky Sports Cricket
The Big Bash League match.

LIVE India v New Zealand
Sun 7.45am TNT Sports 4
The first ODI in the three-game series held at Baroda Cricket Association Stadium in Gujarat.

LIVE Adelaide Strikers v Perth Scorchers
Sun 8.10am Sky Sports Cricket
The Big Bash League game.

LIVE Sunrisers Eastern Cape v Durban Super Giants
Sun 1.20pm Sky Sports Cricket

LIVE Delhi Capitals v Gujarat Giants
Sun 2pm Sky Sports Mix

LIVE Sri Lanka v Pakistan
Sun 2.30pm TNT Sports 2
The third T20 staged at Rangiri Dambulla International Stadium.

LIVE Sydney Thunder v Melbourne Renegades
Mon 8.10am Sky Sports Cricket
The Big Bash League fixture.

LIVE Royal Challengers Bengaluru v UP Warriorz
Mon 1.50pm Sky Sports+

LIVE Pretoria Capitals v MI Cape Town
Mon 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE T20 Super Smash
Mon 4.45am TNT Sports 1

LIVE Melbourne Stars v Adelaide Strikers
Tue 8.10am Sky Sports Cricket

LIVE Mumbai Indians v Gujarat Giants
Tue 1.50pm Sky Sports+

LIVE Paarl Royals v Durban Super Giants
Tue 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE T20 Super Smash
Tue 11.30pm TNT Sports 1

LIVE India v New Zealand
Wed 7.45am TNT Sports 1
The second ODI in the three-game series at Niranjan Shah Stadium.

LIVE Hobart Hurricanes v Brisbane Heat
Wed 8.10am Sky Sports Cricket
The Big Bash League fixture.

LIVE Delhi Capitals v UP Warriorz
Wed 1.50pm Sky Sports+

LIVE Sunrisers Eastern Cape v Joburg Super Kings
Wed 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE India v USA
Thu 7.15am Sky Sports Mix
The Under-19s World Cup Group A match held at Queens Sports Club.

LIVE Melbourne Renegades v Perth Scorchers
Thu 8.10am Sky Sports Cricket
The Big Bash League game.

LIVE Mumbai Indians v UP Warriorz
Thu 1.50pm Sky Sports+

LIVE Pretoria Capitals v Paarl Royals
Thu 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE England v Pakistan
Fri 7.45am Sky Sports Mix, 11.30am Sky Sports Cricket & 12.30pm Sky Sports Main Event
The Under-19s World Cup Group B match from Takashinga Sports Club.

LIVE Sydney Sixers v Sydney Thunder
Fri 8.10am Sky Sports Cricket

LIVE Gujarat Giants v Royal Challengers Bengaluru
Fri 1.50pm Sky Sports+

LIVE MI Cape Town v Sunrisers Eastern Cape
Fri 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

DARTS

LIVE World Series of Darts
Thu 4pm ITV4
Day one of the Bahrain Masters from Bahrain International Circuit.

LIVE World Series of Darts
Fri 4pm ITV4
Day two of the Bahrain Masters.

GOLF

LIVE Dubai Invitational
Thu & Fri 7.30am Sky Sports Main Event & Sky Sports Golf
The first and second days at Dubai Creek Golf & Yacht Club. See p29.

LIVE Sony Open
Thu & Fri 5pm Sky Sports Golf; Thu 10.30pm & Fri 7pm Sky Sports Main Event
Days one and two in Honolulu.

HORSE RACING

LIVE Warwick
Sat 1pm ITV4

LIVE Windsor
Fri 1.30pm ITV4

ICE HOCKEY

LIVE Philadelphia Flyers v Tampa Bay Lightning
Sat 12m't Premier Sports 2

LIVE Edmonton Oilers v Los Angeles Kings
Sat 3am Premier Sports 1

LIVE Boston Bruins v Pittsburgh Penguins
Sun 10pm Premier Sports 2

LIVE Nashville Predators v Washington Capitals
Sun 12m't Premier Sports 1

LIVE Detroit Red Wings v Carolina Hurricanes
Mon 12m't Premier Sports 2

LIVE Los Angeles Kings v Dallas Stars
Mon 3am Premier Sports 1

LIVE Columbus Blue Jackets v Calgary Flames
Tue 12m't Premier Sports 1

LIVE Nashville Predators v Edmonton Oilers
Tue 1am Premier Sports 2

LIVE New Jersey Devils v Seattle Kraken
Wed 12m't Premier Sports 2

LIVE Los Angeles Kings v Vegas Golden Knights
Wed 3am Premier Sports 1

LIVE Washington Capitals v San Jose Sharks
Thu 12m't Premier Sports 2

LIVE Vegas Golden Knights v Toronto Maple Leafs
Thu 2.30am Premier Sports 1

LIVE Carolina Hurricanes v Florida Panthers
Fri 12m't Premier Sports 2

LIVE Colorado Avalanche v Nashville Predators
Fri 2am Premier Sports 1

MOTORSPORT

LIVE Formula E
Sat 7pm TNT Sports 3 & ITV4
The Mexico City E-Prix second race at Autódromo Hermanos Rodríguez.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3

RUGBY UNION

LIVE Bulls v Bristol Bears
Sat 12.30pm Premier Sports 1 (kick-off 1pm) The Champions Cup Pool Four match. See p29.

LIVE Newcastle Red Bulls v USAP
Sat 12.55pm Premier Sports 2 (kick-off 1pm) Challenge Cup Pool Two game at Kingston Park Stadium.

LIVE Clermont Auvergne v Glasgow Warriors
Sat 3pm Premier Sports 1 (kick-off 3.15pm) The Champions Cup Pool One match.

LIVE Cardiff v Racing 92
Sat 3pm Premier Sports 2 (kick-off 3.15pm) Challenge Cup Pool Three fixture at Cardiff Arms Park.

LIVE Leinster v La Rochelle
Sat 5.15pm Premier Sports 1 (kick-off 5.30pm) Champions Cup Pool Three game at Aviva Stadium.

LIVE Sale Sharks v Sharks
Sat 5.15pm Premier Sports 2 (kick-off 5.30pm) Champions Cup Pool One game at CorpAcq Stadium.

LIVE Benetton v Dragons
Sat 5.20pm S4C (kick-off 5.30pm) The Challenge Cup Pool Two match.

LIVE Scarlets v Pau
Sat 7.45pm S4C (kick-off 8pm) The Champions Cup Pool Four fixture staged at Parc y Scarlets.

LIVE Leicester Tigers v Bayonne
Sat 7.45pm Premier Sports 1 (kick-off 8pm) The Champions Cup Pool Three match.

LIVE Scarlets v Pau
Sat 7.45pm Premier Sports 2 (kick-off 8pm) The Champions Cup Pool Four game at Parc y Scarlets.

LIVE Harlequins v Stormers
Sun 12.30pm Premier Sports 1 (kick-off1pm) Champions Cup Pool Three match at Twickenham Stoop.

LIVE Toulon v Munster
Sun 12.30pm Premier Sports 2 (kick-off1pm) Champions Cup Pool Two match from Stade Felix Mayol.

LIVE Bordeaux Begles v Northampton Saints
Sun 3pm Premier Sports 2 (kick-off 3.15pm) The Champions Cup Pool Four match.

LIVE Saracens v Toulouse
Sun 5pm Premier Sports 1 (kick-off 5.30pm) Champions Cup Pool One game at StoneX Stadium.

LIVE Bulls v Stade Francais
Fri 7pm Premier Sports 2 (kick-off1pm) The Champions Cup Pool Three match.

LIVE Melrose v Selkirk
Fri 7.30pm BBC Alba (kick-off 7.35pm)

LIVE Dragons v Newcastle
Fri 7.50pm S4C (kick-off 8pm) The Challenge Cup Pool Two game.

SKIING

LIVE Nordic Combined Skiing
Sat 8.30am & 9.30am TNT Sports 4

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LIVE Alpine Skiing
Sat 9.15am, Tue 4.30pm & 7.30pm TNT Sports 3; Sun 9.15am, Tue 4.30pm & Fri 11.15am TNT Sports 1

LIVE Ski Jumping
Sat 3pm TNT Sports 4

LIVE Freestyle Skiing
Mon 4pm TNT Sports 3

LIVE Ski Mountaineering
Thu & Fri 12noon TNT Sports 3

LIVE Ski Jumping
Fri 7am TNT Sports 3

SNOOKER

LIVE Shaun Murphy v Wu Yize
Sun 1pm BBC2 & TNT Sports 3
The opening Masters first-round game at Alexandra Palace. See p29.

LIVE Mark Selby v Xiao Guodong
Sun 7pm TNT Sports 3 & BBC4
The second Masters first-round match from Alexandra Palace.

LIVE Mark Williams v Mark Allen
Mon 1pm BBC2, TNT Sports 1 & TNT Sports 2
The third Masters first-round game.

LIVE Zhao Zintong v Gary Wilson
Mon 7pm TNT Sports 2 & BBC4
The fourth Masters first-round match.

LIVE Kyren Wilson v Si Jiahui
Tue 1pm BBC2, TNT Sports 1 & TNT Sports 2
The fifth Masters first-round match.

LIVE John Higgins v Barry Hawkins
Tue 7pm TNT Sports 1, TNT Sports 2 & BBC4
The sixth Masters first-round game.

LIVE Judd Trump v Ding Junhui
Wed 1pm BBC2 & TNT Sports 2
The seventh Masters first-round match.

LIVE Neil Robertson v Ronnie O'Sullivan
Wed 7pm BBC2, TNT Sports 1 & TNT Sports 2, 9pm BBC4
The eighth Masters first-round game.

LIVE Masters
Thu & Fri 1pm & 7pm BBC2 & TNT Sports 2; Thu & Fri 1pm TNT Sports 1; Thu 9pm & Fri 8pm BBC4
Quarter-finals at Alexandra Palace.

TENNIS

LIVE Auckland Open
Sat 4am & Fri 1am Sky Sports+; Sat 4am, Sun-Wed 10.30pm, Fri 1am Sky Sports Tennis; Tue & Wed 10.45pm Sky Sports Main Event

LIVE Brisbane Open
Sun 6am Sky Sports+

LIVE Australian Open
Wed 8.30am TNT Sports 3

LIVE Adelaide Open
Thu 10am, Fri 8am & 4.30am Sky Sports+; Thu 10am, Fri 8am, 2am & 4.30am Sky Sports Tennis

LIVE WTA Hobart Open
Fri 6.30am & 3am Sky Sports+; Fri 6.30am Sky Sports Tennis

WINTER SPORTS

LIVE Biathlon World Cup
Sat 10.45am TNT Sports 4; Sat 1.30pm, Sun 9.45am, Wed-Fri 1.15pm TNT Sports 3

LIVE European Figure Skating Championships
Wed-Fri
At Utilita Arena Sheffield. See p29.

LIVE SERIE A

Inter Milan v Napoli

Sunday, kick-off 7.45pm, TNT Sports 2

This top-of-the-table clash at the San Siro could prove vital as both sides chase the Serie A title. Champions Napoli boast a host of former Premier League stars such as Kevin De Bruyne (above), Romelu Lukaku, Scott McTominay, Billy Gilmour and on-loan Rasmus Højlund.

LIVE EFL CUP

Newcastle United v Manchester City

Tue, k-o 8pm, ITV1, Sky Sports Football & Sky Sports Main Event

The holders host eight-time winners Manchester City in the first leg of their EFL Cup semi-final after teenager Lewis Miley's late winner against Fulham in the quarters. This week's other semi-final sees Chelsea take on Arsenal or Crystal Palace (Wed).

LIVE AFCON

Semi-finals

Wed, kick-offs 5pm & 8pm, E4

After Saturday's remaining quarter-finals, the semi-finals kick off in Tangier and Rabat on Wednesday as the last four battle it out for a place in next week's Africa Cup of Nations final. Hosts Morocco haven't reached this stage since 2004 – can captain Achraf Hakimi of PSG bring his country success?

Saturday 10

LIVE Melbourne Victory v Western Sydney Wanderers
6am TNT Sports 1 (kick-off 6am)

LIVE Newcastle Jets v Central Coast Mariners
6am TNT Sports 3 (kick-off 6am)

LIVE Macarthur FC v Sydney FC
8.30am TNT Sports 1 (kick-off 8.35am)

LIVE Macclesfield v Crystal Palace
11am TNT Sports 1 & 12noon BBC1 (kick-off 12.15pm)
The FA Cup third-round match. Phoenix club Macclesfield were formed in 2020 after Macclesfield Town were wound-up, but have made great progress, earning three promotions to reach the National League North. However, it would be one of the biggest FA Cup upsets in history should they prevail against Palace, who lifted the trophy for the first time last season. See p28.

LIVE Arsenal v Manchester United
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Women's Super League fixture.

LIVE Luton Town v Stevenage
12.20pm Sky Sports+ (kick-off 12.30pm) The League One game at Kenilworth Road.

LIVE AFCON
3.30pm E4 (kick-off 4pm)
The third quarter-final at Grande Stade de Marrakech in Morocco.

LIVE AS Roma v Sassuolo
4.45pm TNT Sports 3 (kick-off 5pm) The Serie A match staged at Stadio Olimpico.

LIVE Bayer Leverkusen v VfB Stuttgart
5.20pm Sky Sports Football (kick-off 5.30pm)
The Bundesliga game at BayArena.

LIVE Tottenham Hotspur v Aston Villa
5.30pm BBC1 & TNT Sports 1, 5.45pm TNT Sports 2 (kick-off 5.45pm)
The FA Cup third-round fixture at Tottenham Hotspur Stadium.

LIVE AFCON
6.30pm E4 (kick-off 7pm)
The fourth quarter-final held at Adrar Stadium in Agadir, Morocco.

LIVE Charlton Athletic v Chelsea
7.45pm TNT Sports 1 (kick-off 8pm) The FA Cup third-round game at the Valley. Charlton lifted this trophy back in 1947, while Chelsea are eight-time winners.

LIVE Valencia v Elche
8pm Disney+ (kick-off 8pm)
The LaLiga match at Mestalla.

LIVE Wellington Phoenix v Adelaide United
2am TNT Sports 2 (kick-off 2am)

Sunday 11

LIVE Melbourne City v Newcastle Jets
6am TNT Sports 2 (kick-off 6am)

LIVE Melbourne Victory v Brisbane Roar
6am TNT Sports 3 (kick-off 6am)

LIVE Manchester City v Everton
11am Sky Sports Main Event, Sky Sports Premier League & Sky Showcase (kick-off 12noon)
The Women's Super League match staged at Joie Stadium.

LIVE Women's Super League
11am Sky Sports+ (kick-off 12noon)

LIVE Chelsea v West Ham United
11am Sky Sports Mix (kick-off 12noon) Women's Super League match at Kingsmeadow.

LIVE Derby County v Leeds United
11.30am TNT Sports 2 (kick-off 12noon) The FA Cup third-round fixture at Pride Park.

LIVE Dundee v Hearts
1pm Sky Sports Football & 2pm Sky Sports Main Event (kick-off 2pm) The Scottish Premiership match at Dens Park.

LIVE Portsmouth v Arsenal
1.30pm TNT Sports 1 (kick-off 2pm) The FA Cup third-round game at Fratton Park.

LIVE Baller League
3pm Sky Sports Premier League & Sky Sports+

LIVE Aberdeen v Rangers
4pm Sky Sports Main Event & Sky Sports Football (kick-off 4.30pm)
The Scottish Premiership match.

LIVE Manchester United v Brighton & Hove Albion
4pm TNT Sports 1 (kick-off 4.30pm) The FA Cup third-round match at Old Trafford. The sides have already met here in the Premier League this term, with United claiming a 4–2 win to avenge losses home and away to the Seagulls in the previous season. The hosts last won this competition in 2024 when they beat local rivals Manchester City 2–1 in the final.

LIVE LaLiga
5.30pm Premier Sports 2 & 7.55pm Premier Sports 1

LIVE Spanish Super Cup
6.45pm TNT Sports 4 & 7pm TNT Sports 1 (kick-off 7pm)
The final at King Abdullah Sports City Stadium in Saudi Arabia.

LIVE Inter Milan v Napoli
7.30pm TNT Sports 2 (kick-off 7.45pm)
The Serie A match at San Siro.

Monday 12

LIVE Liverpool v Barnsley
6.30pm TNT Sports 1 (kick-off 7.45pm)
The FA Cup third-round match at Anfield. Barnsley have won on their last two visits to Anfield, prevailing 1–0 in a Premier League fixture in 1997, before claiming a 2–1 win in this competition in 2008, but Liverpool will be eager to avoid such a slip-up this evening having been eliminated from the EFL Cup and dropped off the pace in the league.

LIVE LaLiga
7.55pm Premier Sports 1

Tuesday 13

LIVE Sydney FC v Newcastle Jets
8am TNT Sports 2 (kick-off 8am)

LIVE Newcastle United v Manchester City
7pm Sky Sports Main Event & Sky Sports Football, 7.30pm ITV1 (kick-off 8pm)
The opening EFL Cup semi-final first leg held at St James' Park. Defending champions Newcastle United claim a 2–1 victory over Fulham here in the quarter-finals, while the Citizens were comfortable 2–0 winners over Brentford.

LIVE AS Roma v Torino
7.55pm Premier Sports 1 (kick-off 8pm) The Coppa Italia last-16 match from Stadio Olimpico.

Wednesday 14

LIVE AFCON
4.30pm E4 (kick-off 5pm)
The opening semi-final from Tangier Grand Stadium in Morocco.

LIVE Chelsea v Arsenal or Crystal Palace
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The EFL Cup semi-final first leg staged at Stamford Bridge.

LIVE Falkirk v Celtic
7.15pm Premier Sports 1 (kick-off 7.45pm)
The Scottish Premiership match staged at Falkirk Stadium.

LIVE FC Cologne v Bayern Munich
7.20pm Sky Sports+ (kick-off 7.30pm) The Bundesliga fixture at RheinEnergieStadion.

LIVE AFCON
7.30pm E4 (kick-off 8pm)
The second semi-final from Mohammed V Stadium in Morocco.

Thursday 15

LIVE Women's FA Cup
7pm TNT Sports 1
A fourth-round match.

LIVE Como v AC Milan
7.30pm TNT Sports 3 (kick-off 7.45pm) Serie A match at Stadio Giuseppe Sinigaglia.

LIVE Melbourne City v Newcastle Jets
5.45am TNT Sports 2 (kick-off 5.50am)

Friday 16

LIVE Western Sydney Wanderers v Brisbane Roar
8am TNT Sports 2 (kick-off 8am)

LIVE Melbourne City v Auckland FC
8.30am TNT Sports 1 (kick-off 8.35am)

LIVE Perth Glory v Brisbane Roar
10.45am TNT Sports 2 (kick-off 10.45am)

LIVE Women's FA Cup
7pm TNT Sports 1
A fourth-round match.

LIVE Rangers v Annan
7.15pm Premier Sports 1 (kick-off 7.45pm)
The Scottish Cup fourth-round match staged at Ibrox Stadium.

LIVE West Bromwich Albion v Middlesbrough
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match from the Hawthorns, as the hosts take on the promotion hopefuls.

LIVE Werder Bremen v Eintracht Frankfurt
7.30pm BBC iPlayer (kick-off 7.30pm) The Bundesliga match at Weser Stadium.

LIVE Adelaide United v Melbourne Victory
5.45am TNT Sports 1 (kick-off 5.50am)

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Saturday

10 January

Evening Planner

Football

FA Cup: Third Round

BBC1, TNT Sports & Discovery+

Premier League and Championship clubs enter the competition, with ties including Wolves against Shrewsbury Town.

Travelogue

Tour de Fred - Ireland: Part Deux

ITV1, 12.30pm

Fred Sirieix continues his Irish odyssey, cycling around the scenic Co Wexford.

Music

Paul Young at the BBC

BBC2, 8.45pm

A selection of archive performances ahead of the *Every Time You Go Away* singer's 70th birthday on 17 January.

Drama

Waiting for the Out

BBC1, 9.35pm

While on a rare night out with his brother, Dan (Josh Finan) is drawn into a tense search to help one of the inmates.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 5.30 Match of the Day: The FA Cup – Live		8.00 The Weakest Link		8.45 Casualty	9.35 Waiting for the Out	10.20 News	10.40 Match...
	102 BBC2	‹ 6.45 Cheetah Family & Me	7.45 Celebrity Antiques Road Trip			8.45 Paul Young at the BBC		9.45 TOTP 1983: Big Hits	
	103 ITV1	7.00 The Masked Singer			8.30 The 1% Club		9.30 The Hunting Wives		10.30 News
	104 CHANNEL 4	7.00 Valley of the Kings: Secret Tomb...		8.00 Film: Top Gun: Maverick					10.35 Film: A Few...
	105 5	‹ 6.10 Royal Residences: A Map...	7.45 Royal Births, Marriages & Deaths			8.45 Meghan: Part Two			10.15 Michael Jackson: Cause of...
	106 SKY SHOWCASE	7.00 The Simpsons	7.30 Film: Blithe Spirit				9.30 Film: The Mechanic		
ENTERTAINMENT	115 BBC3	7.00 Doctor Who...	7.30 Doctor Who			9.00 Extras			
	116 BBC4	7.00 Yellowstone: The Wildest Winter		8.00 The Good Old Days		8.45 Hetty Wainthropp Investigates		9.50 Nuts in May	
	118 ITV2	‹ 6.25 Film: Yes Man			8.30 Film: Fast & Furious Presents Hobbs & Shaw				
	136 MORE4	‹ 6.55 Four in a Bed		8.00 24 Hours in A&E					
	135 E4	‹ 6.30 Football: AFCON – Live: Coverage of the fourth quarter-final (Kick-off 7.00)					9.15 The Inbetweeners		
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Heated Rivalry			
	110 U&GOLD	7.00 The Vicar of Dibley				9.00 Only Fools and Horses			
	111 U&DAVE		7.10 Gavin & Stacey			9.00 Superstore			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	7.00 Formula E – Live: The Mexico City E-Prix (Start-time 8.05)					9.35 Unbelievable Moments Caught on...		10.35 Wrestling...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Picture Perfect			
	152 SKY SCI-FI	7.00 Star Trek: Enterprise							
	113 SKY MAX	7.00 Sport's Funniest Moments				9.00 Dynamo: Beyond Belief			
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Death in Paradise		9.00 Father Brown		10.00 Allegiance	
	124 SKY ARTS	7.00 David Bowie – A Reality Tour			8.20 Bowie: The Man Who Changed the World				10.20 David Bowie: Serious...
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 One Born Every Minute				10.00 The Supervet: Noel Fitzpatrick	
DOCUMENTARY	125 DISCOVERY	7.00 Scrapyard Dynasty		8.00 Secrets Underground		9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Bear		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Apocalypse: The Rise of Hitler				10.00 Nazi Megastructures	
	123 SKY HISTORY	7.00 Airport Security: USA				9.00 Original Gangsters with Sean Bean			
	155 U&YESTERDAY	7.00 Robson Green: World's Most Amazing...		8.00 Bangers & Cash					
	121 SKY DOCS	7.00 Becoming Madonna				9.00 Nothing Compares			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Sinners		8.00 Nuremberg					10.30 28 Years Later
	302 BLOCKBUSTERS	‹ 5.55 Uncharted		8.00 Mission: Impossible – The Final Reckoning					
	303 SCIENCE FICTION	‹ 5.50 The Matrix Revolutions		8.00 The Matrix: Resurrections					10.30 Mad Max: Fury...
	304 GREATS	‹ 5.50 Cool Hand Luke		8.00 Escape to Victory				10.05 The Godfather	
	305 ANIMATION	‹ 5.40 Smallfoot	7.25 Shark Tale			9.00 The Adventures of Tintin: The Secret of the Unicorn			
	306 FAMILY	‹ 6.00 Charlie and the Chocolate Factory		8.05 Karate Kid: Legends				9.50 Stardust	
	307 ACTION	‹ 5.50 The Fall Guy		8.00 Black Hawk Down					10.25 Spider-Man 3
	308 COMEDY	‹ 6.15 Role Models		8.00 Jackass Presents: Bad Grandpa				9.50 Jackass Presents: Bad Grandpa .5	
	309 THRILLER	‹ 6.20 Drop		8.00 The Equalizer					10.25 The Equalizer 2
	310 DRAMA	‹ 5.15 Empire of the Sun		8.00 Dallas Buyers Club				10.00 Molly's Game	
	311 HORROR	‹ 6.05 Opus		8.00 Get Out				9.45 The Shining	
	313 FILM4	‹ 6.50 I, Robot				9.00 The Adjustment Bureau			
SPORT	401 MAIN EVENT	7.00 Gillette Labs Soccer Saturday Fan Zone		8.00 Match Centre			9.30 NFL – Live: Coverage of the first Wild Card play-off match		
	402 PREMIER LEAGUE	7.00 Netbusters	7.30 Transfer 360						10.30 Netbusters
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 150 Years of the Edinburgh Derby		8.30 WSL	9.00 EFL Cup Highlights		10.00 WSL	10.30 EFL Greatest...
	405 CRICKET	7.00 Big Bash League				9.00 SA20			
	410 TNT SPORTS 1	‹ 5.30 Emirates FA Cup – Live: Tottenham Hotspur v Aston Villa (Kick-off 5.30); Charlton Athletic v Chelsea (Kick-off 8.00)							10.30 Livigno: Oltre...
	411 TNT SPORTS 2	‹ 5.45 Emirates FA Cup – Live		8.00 The Edge		9.00 UFC		10.00 Serie A	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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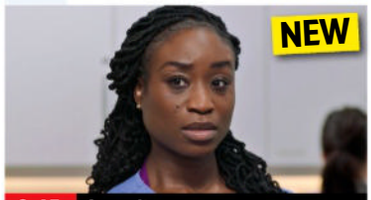
Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.45 **Saturday Kitchen** New edition With *Strictly*'s Shirley Ballas. (S)
11.15 **Nadiya's Simple Spices** (S)(R)(AD)
11.45 **BBC News** (S)
12.00 NOON **LIVE Match of the Day: FA Cup** Macclesfield v Crystal Palace: The third-round tie at Leasing.com Stadium. Kick-off is at 12.15. *See feature, page 28.* (S)
2.30 PM **Escape to the Country** (S)(R)
3.00 **Inside the Factory** (S)(R)(AD)
4.00 **Final Score** Results round-up. (S)
5.10 **BBC News** (S)
5.20 **Local News** (S)
5.30 **LIVE Match of the Day: FA Cup** Tottenham Hotspur v Aston Villa: All the action from the third-round tie at Tottenham Hotspur Stadium. Kick-off is at 5.45. *See feature, page 28.* (S)



8.45 Casualty

6 PM

LIVE Match of the Day: The FA Cup (started at 5.30pm)

7 PM

8 PM

8.00 The Weakest Link New edition 7/12. Contestants include Dermot O'Leary, Charlene White, Anthony Ogogo and Lauren Layfield. (S)
8.45 NEW SERIES Casualty *Learning Curve:* 1/10. Return of the drama. Two very different new resident doctors have their first shift on the hottest day of the year. (S40) (S)(AD)

9 PM

9.35 Waiting for the Out New episode 2/6. Dan finds himself drawn into Samson's grief over the life he took, causing his own compulsions to resurface. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.20 BBC News (S)
10.40 Match of the Day: FA Cup Action from the third-round ties, including Macclesfield v Crystal Palace at Leasing.com Stadium and Charlton Athletic v Chelsea at the Valley. (S)
■ More tomorrow at 10.30pm
12.10 AM **NEW TO BBC1 Robbie Savage: Managing Macclesfield FC** Following the former footballer as he takes up a management role. *Previously on BBC3.* (S)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Children's Programmes**
8.55 **Gardeners' World** (S)(R)
9.55 **FILM Jane Eyre** Adaptation of Charlotte Brontës novel starring Orson Welles and Joan Fontaine. (S) (1943, b/w, PG, 95min) ★★★★
11.30 **Robson Green's Weekend Escapes** The Rev Richard Coles joins Robson to explore Northumberland. (S)(R)(AD)
12.00 NOON **Mary Berry's Fantastic Feasts** A birthday feast. (S)(R)(AD)
1.00 PM **FILM Kelly's Heroes** World War Two action comedy starring Clint Eastwood and Telly Savalas. (S) (1970, PG, 135min) ★★★★
3.15 **FILM Where Eagles Dare** World War Two adventure with Richard Burton and Clint Eastwood. (S) (1968, PG, 150min) ★★★★
5.45 **Earth** 2/5. Documentary. (S)(R)(AD)

1.00 Kelly's Heroes

6 PM

6.45 Cheetah Family & Me 1/2. Wildlife film-maker Gordon Buchanan gets close to wild cheetahs in the Kalahari, experiencing first-hand the very real dangers these beautiful big cats face. (S)(R)(AD)

7 PM

7.45 Celebrity Antiques Road Trip *Strictly Come Dancing* stars Aljaz Skorjanec and Janette Manrara hunt for antiques around Oxfordshire, joined by antique experts David Harper and Izzie Balmer. (S)(R)

8 PM

8.45 NEW Paul Young at the BBC The singer looks back on his career, with archive performances of *Wherever I Lay My Hat (That's My Home), Love of the Common People* and *Every Time You Go Away*. (S)

9 PM

9.45 TOTP 1983: Big Hits A compilation of some of the biggest hits of the year, celebrating the genres of soul, reggae, jazz, new wave and pop. Performers include Wham!, The Police, Culture Club, KC and the Sunshine Band and UB40. (S)(R)

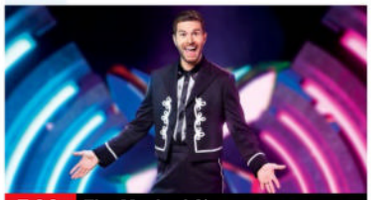
10 PM

10.45 TOTP 1984: Big Hits A compilation of the year's performances, featuring The Smiths, Duran Duran, Sade, The Weather Girls, Wham! and Bronski Beat. (S)(R)
11.45 TOTP: The Story of 1983 Contributors including Bonnie Tyler, Tracie Young and Marilyn reflect on the year. (S)(R)
12.45 AM **TOTP: The Story of 1984** A look back at a year of big hair and big tunes. (S)(R)
1.45 **Sign Zone: The Night Manager** 2/6. Pine is on the run and using a new identity. (S2) (S)(R)(AD)
2.45 **Sign Zone: Waterloo Road** (S)(R)
4.45 **to 6.05** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **The Masked Singer** (S)(R)(AD)
7.20 **James Martin's Great British Adventure** Norfolk. (S)(R)(AD)
8.25 **Prue Leith's Cotswold Kitchen** New edition With Tom Kerridge. (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition (S)
12.00 NOON **Ainsley's Taste of the Bahamas** New edition (S)
12.30 PM **NEW SERIES Tour de Fred: Ireland – Part Deux** (S)
1.30 **ITV News** (S)
1.40 **John and Lisa's Weekend Kitchen** New edition (S)
2.45 **FILM The Super Mario Bros Movie** Animated family adventure. (S)(AD) (2022, PG, 105min) ★★★
4.30 **The Floor** Game show. (S)(R)(AD)
5.30 **ITV News** (S)
5.45 **Local News** (S)


7.00 The Masked Singer

6 PM

6.00 Wheel of Fortune New edition Graham Norton hosts the game show as customer experience manager Phil, HR manager Jamie-Lee and hair salon owner Helen try to solve word puzzles. (S)(AD)

7 PM

7.00 The Masked Singer New edition 3/8. Five of the incognito celebrities take to the stage again in a Sports Day special, with former England cricketer Andrew Flintoff joining regular panellists Jonathan Ross, Davina McCall, Maya Jama and Mo Gilligan. (S)(AD)

8 PM

8.30 The 1% Club New edition Quiz hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)

9 PM

9.30 The Hunting Wives New episode *Cheat Day:* 4/8. Starr demands that justice be served for the murder, and a distraught Brad is conflicted over Abby's death. (S1) (S)(AD)
■ Entire series on ITVX

10 PM

10.30 ITV News (S)
10.45 FILM Taken Thriller starring Liam Neeson and Maggie Grace. A divorced ex-spy draws upon his old skills when he tries to rescue his abducted daughter from a gang of sex traffickers. (S)(AD) (2008, 18, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Teleshopping**
3.00 **Tour de Fred: Ireland – Part Deux** 1/5. Fred Sirieix cycles around Co Wexford in the Republic of Ireland. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.15 AM **The King of Queens** 13-15/25. Triple bill. (S1) (S)(R)(AD)
7.30 **Everybody Loves Raymond** 16-18/23. Triple bill. (S8) (S)(R)(AD)
8.50 **Frasier** 21 &22/24. (S7) (S)(R)(AD)
9.50 **The Simpsons** (S)(R)(AD)
11.20 **FILM Spies in Disguise** Animated adventure featuring the voices of Will Smith and Tom Holland. (S) (2019, PG, 120min) ★★★★
1.20 PM **A Place in the Sun** Ben Hillman helps a couple to find a permanent home in Roquetas de Mar, Almeria, Spain. (S)(R)
2.20 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
5.05 **The Great Pottery Throw Down** 1/10. Siobhán McSweeney returns with the pottery challenge. For the first challenge, the potters must make a soup set. (S)(R)(AD)

7.00 Valley of the Kings

6 PM

6.30 News (S)

7 PM

7.00 NEW SERIES Valley of the Kings: Secret Tomb Revealed 1/2. German archaeologist Dr Anke Weber and her team unearth burial goods belonging to Pharaoh Ramses III. (S)(AD)

8 PM

8.00 FILM Top Gun: Maverick Action drama starring Tom Cruise. Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must train a new band of recruits for a deadly mission. With Jennifer Connelly, Miles Teller and Val Kilmer. (S)(AD) (2022, 12, 155min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9 PM

10 PM

10.35 FILM A Few Good Men Courtroom drama starring Tom Cruise, Jack Nicholson and Demi Moore. A slick young US Navy lawyer locks horns with the martinet commander of a US military base in Cuba over a murder trial. (S)(AD) (1992, 15, 155min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
2.00 **Taskmaster's New Year Treat** With Big Zuu, Jill Scott and Rose Ayling-Ellis. (S)(SL)(R)(AD)
2.55 **24 Hours in A&E** (S)(R)(AD)
3.50 **Kirstie and Phil's Love It or List It** From East Renfrewshire. (S)(SL)(R)
4.45 **to 5.55** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.05 **Sue Perkins: Discovering Thailand** Triple bill. (S)(R)
11.45 **Dogs Behaving (Very) Badly** Two dachshunds who have become enemies. (S)(R)
12.45 PM Graeme Hall treats a dog that has become aggressive towards other dogs. (S)(R)
1.45 A Rhodesian ridgeback-boxer cross that is aggressive with other dogs. (S)(R)
2.45 **Our Yorkshire Farm** A huge blizzard blasts the farm. (S)(R)
3.45 Reuben goes in search of a missing lamb. (S)(R)
4.40 **The Shocking Truth About Diets and Exercise** A look at the often life-threatening hazards of losing weight. (S)(R)

8.45 Meghan: Part Two

6.05 **News** (S)
6.10 **Royal Residences: A Map of Britain** A look at royal homes around the nation, assessing what the portfolio is worth and what is going to happen to these properties next as King Charles forges a fascinating legacy. (S)(R)
7.45 **Royal Births, Marriages & Deaths** New edition The story of Edward VIII and Wallis Simpson's relationship, and how Henry VIII sent Hans Holbein around Europe to paint likely brides so he could choose his fourth wife. (S)
8.45 **Meghan: Part Two** Series finale 2/2. Concluding part of the documentary about Meghan, the Duchess of Sussex, from her wedding to Prince Harry in 2018, to the couple's move to America and their controversial TV interview with Oprah Winfrey. (S)
10.15 **Michael Jackson: Cause of Death** 1/3. Dr Richard Shepherd investigates the death of the pop star, who left $400million in debts after his sudden death in 2009. (S)(R)
11.20 **The Trial of Michael Jackson** Documentary. (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Your Dream Kitchen for Less**
3.50 **World's Most Scenic River Journeys** The Potomac. (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Monkey Life** (S)(R)
6.25 **Africa's Hunters** (S)(R)
8.15 FILM **Dragon Rider** Animated family adventure featuring the voice of Felicity Jones. (S)(AD) (2020, PG, 91min) ★★★
10.00 **Friends: The Reunion** The show's stars reminisce about the hit comedy. (S)(R)(AD)
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
3.00 PM **Gillette Labs Soccer Saturday** The latest news from today's football matches.
5.00 **The Simpsons** *Havana Wild Weekend:* The family take a trip to Cuba in search of cheap medical care for Grampa. (S)(R)
5.30 *Dad Behaviour:* Grampa discovers he is about to become a father again. (S)(R)

7.30 Blithe Spirit

6.00 **The Simpsons** *The Last Traction Hero:* An accident at work leaves Homer in a cast. (S)(R)
6.30 *The Nightmare After Krustmas:* A spooky toy haunts Maggie. (S)(R)
7.00 **The Simpsons** *Pork and Burns:* Homer must find a new home for the family pig. (S)(R)
7.30 FILM **Blithe Spirit** Comedy starring Isla Fisher, Dan Stevens and Leslie Mann. A spiritualist medium holds a seance for a writer, but accidentally summons the spirit of his deceased first wife. With Judi Dench. (S)(AD) (2020, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.30 FILM **The Mechanic** Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. A professional assassin goes on a personal mission to avenge the murder of his friend and mentor. But the situation is complicated when his estranged son turns up wanting a piece of the action. With Tony Goldwyn. (S) (2011, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.30 **The Office (US)** 21/24. Andy returns to Scranton. (S)(R)
12.00 M'T 22/24. Andy shows up at an auction. (S)(R)
12.30 AM 23/24. Andy sees an opportunity for revenge. (S)(R)
1.00 24/24. Robert gets a great new opportunity. (S8) (S)(R)
1.30 **The Force: Manchester** (S)(R)
2.30 **Brit Cops: Frontline Crime UK**
3.30 **Monkey Life** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
4.00-5.10pm Sportscene: Open All Mics (S) **12.10am** Sportscene: Premiership Highlights (S)(R) **1.10** Robbie Savage: Managing Macclesfield FC (S)(R) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
6.45pm House of the Year (S)(R) **7.15-7.45pm** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
3.20pm Weatherman Walking (S)(R) **3.45** FILM Where Eagles Dare (S) (1968, PG, 150min) ★★★★ **6.15** Earth (S)(R)(AD) **7.15** Cheetah Family & Me (S)(R)(AD) **8.15-8.45pm** Rewind: 60 Years of Welsh Pop – Shirley Bassey Special (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Iaith ar Daith **11.15** Gwladfa: Gwilym Bowen Rhys **11.45** Cefn Gwlad **12.45pm** Cysgu O Gwmpas (AD) **1.15** Am Dro! **2.15** Canu gyda Fy Arwr **3.15** Priodas Pum Mil **4.15** Dim Cwsg i Quinnell (AD) **4.45** Colleen Ramsey: Bywyd a Bwyd **5.20** LIVE Clwb Rygbi **7.30** Newyddion a Chwaraeon **7.45** LIVE Clwb Rygbi **10.05** Amour & Mynydd **11.05-11.40pm** Bar Hansh

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who Confidential** 1/13. Behind the scenes of filming in Utah. **7.15** 2/13. The crew film in an unusual location.
7.30 **Doctor Who** *The Impossible Astronaut:* 1/14. The Doctor faces a sinister astronaut. **8.15** *Day of the Moon:* 2/14. The Time Lord launches a revolution against the occupying aliens. (S6)
9.00 **Extras** 1/6. Andy prepares to make his own sitcom. **9.30** 2/6. David Bowie offers some home truths to Andy. **10.00** 3/6. Maggie works alongside Daniel Radcliffe. **10.30** 4/6. Andy receives his first BAFTA nomination. **11.00** 5/6. Darren decides to ask Maggie out on a date. **11.30** 6/6. Andy threatens to fire his agent Darren. (S2)
11.55 FILM **Eddie the Eagle** Biopic of Eddie Edwards, starring Taron Egerton. (2016, PG, 103min) ★★★
1.35 AM **Man Like Mobeen**
3.40 **to 4.00** AM **My Mate's a Bad Date**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun**
12.05 PM **Four in a Bed**
2.40 **Come Dine with Me** Five editions from Brighton.
5.20 **Four in a Bed** The B&B challenge gets under way at The Earlsdale in Devon. **5.55** The second visit of the week is to the Kings Arms in Bude, Cornwall. **6.25** The third visit is to the East Creek B&B in Dorset. **6.55** The final visit of the week is to the Railway Ramblers' Rest in Devon.
7.25 **Four in a Bed** The B&Bers meet up on Payment Day.
8.00 **24 Hours in A&E** A man is rushed in after his fourth epileptic seizure of the day, while a 12-year-old girl requires extensive surgery after breaking her leg.
9.00 **24 Hours in A&E** A man is brought in by ambulance after an accident on a building site, and a 93-year-old man is admitted after suffering a fall at home.
10.00 **24 Hours in A&E** A man is brought into hospital after falling 20ft through a skylight onto concrete, and a woman with severe abdominal pains receives treatment.
11.05 **999: On the Front Line**
1.10 AM **24 Hours in A&E**
2.15 **999: On the Front Line**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Yellowstone: The Wildest Winter** 1/3. The changing seasons at the US national park during 2016.
8.00 **The Good Old Days** Performers include Ronnie Corbett, Kenneth McKellar and Rosemary Squires.
8.45 **Hetty Wainthropp Investigates** *Eye Witness:* A woman's body is found at the bottom of a cliff.
9.35 NEW **Mike Leigh Remembers... Nuts in May** The writer and director reflects on his 1976 comedy.
9.50 **Nuts in May** Mike Leigh's comedy with Roger Sloman and Alison Steadman. A couple head to Dorset for a camping holiday, but their idyll is shattered by the arrival of noisy neighbours.
11.10 **Arena Special: Mike Leigh – Making Plays** A 1982 profile of the director.
12.30 AM **The Many Faces of Alison Steadman**
1.30 **Yes, Prime Minister**
2.35 **to 3.25** AM **Hetty Wainthropp Investigates**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Lego Masters Australia**
7.10 **Don't Tell the Bride**
8.10 **Modern Family**
9.10 FILM **PAW Patrol: The Movie** Animated adventure with the voice of Tyler Perry. (2021, U, 86min) ★★★
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **The Simpsons**
3.30 LIVE **Football: AFCON** Coverage of the third quarter-final from Grande Stade de Marrakech in Morocco. Kick-off is at 4.00.
6.30 LIVE **Football: AFCON** Coverage of the fourth quarter-final at Adrar Stadium in Agadir, Morocco, featuring the winners of the fifth and eighth last-16 matches. Kick-off is at 7.00.
9.15 **The Inbetweeners** 3/6. Simon passes his driving test, so the lads decide to take a trip to a theme park. **9.45** 4/6. Will starts going out with the most popular girl in the year above. **10.10** 5/6. The lads visit a Caravan Club meeting. **10.45** 6/6. Will is put in charge of organising the prom, so he enlists the help of Simon, Jay and Neil. (S1)
11.10 **Gogglebox**
1.15 AM **First Dates**
3.25 **The Inbetweeners**
4.20 **Modern Family**
5.10 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: America's Front Line**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Frontline Crime UK**
12.00 NOON **Caught Red Handed** How a detective's ability to read body language brought a pair of crooks to justice. **12.40** PM A trap is set to catch a pair of bogus builders. **1.20** A trusted employee is caught stealing scratch cards.
2.00 **Nothing to Declare**

10.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Law & Order: Criminal Intent** *Flipped:* 14/22. Logan and Wheeler investigate the murder of a rapper. (S6)

10 PM
10.00 **Blue Bloods** *New York Minute:* 14/18. A detective is murdered at an art gallery suspected of selling counterfeit pieces. (S14)
11.00 **Law & Order: Special Victims Unit** 1/22. (S26)
12.00 M'T **Bull** 21/22. (S6)
1.00 AM **Law & Order: Criminal Intent** 11/22. (S6)
2.00 **Road Wars** Double bill.
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Game of Thrones** (S7&8)
1.10 PM **Game of Thrones** 4/6. Jon shares a secret. **2.40** 5/6. Daenerys brings her forces to King's Landing. **4.10** 6/6. Daenerys declares her intentions. (S8) **5.40** 1/10. First episode of the fantasy drama starring Sean Bean and Mark Addy. **6.50** 2/10. Bran clings to life as Ned prepares to head south with the king. (S1)

9.00 Heated Rivalry

7.55 **Game of Thrones** *Lord Snow:* 3/10. A weary Ned struggles to deal with the politics of the king's court, and troubling news from home makes his job even harder. (S1)

9.00 **NEW SERIES Heated Rivalry** *Rookies:* 1/6. Romantic drama starring Hudson Williams and Connor Storrie.

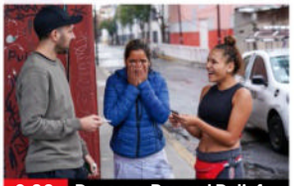
10.05 **Heated Rivalry** New episode *Olympians:* 2/6. Shane and Ilya keep their secret fling alive. (S1)
11.05 **Euphoria** 1/10. Provocative coming-of-age drama. **12.10** AM 2/10. (S1)
1.20 **Game of Thrones** (S1)
3.35 **Richard E Grant's Hotel Secrets** A visit to Tokyo.
4.30 **In Treatment** (S2)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** (S8)
12.00 NOON **SEAL Team** (S6)
3.00 PM **Rob & Romesh vs Bollywood** The duo try to earn roles in a Bollywood film.
4.00 **Rob & Romesh vs Hip Hop** The comedians immerse themselves in the world of rap.
5.00 **Rob & Romesh vs the Jungle** The duo venture into the depths of the Sumatran jungle.
6.00 **Rob & Romesh vs Shakespeare** The comedians perform in *Romeo and Juliet*.


9.00 Dynamo: Beyond Belief

7.00 **Sport's Funniest Moments** From football to F1 and cricket to golf, enjoy some of the funniest and most farcical moments from the sporting world, in the company of the likes of James Haskell and Chris Kamara.

9.00 **Dynamo: Beyond Belief** 1/3. Documentary following the magician on tour around the globe.

10.00 **Dynamo: Beyond Belief** 2/3. The magician faces difficulties with his illness, and his magic culminates in an incredible stunt.
11.00 **Dynamo: Beyond Belief** 3/3. The magician tests out a new medicine, while an encounter in Mexico might prove to be a step too far.
12.00 M'T **The Force: Manchester**
2.00 AM **Brit Cops: Frontline Crime UK** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
8.00 **The Only Way Is Essex**
10.55 **Deal or No Deal**
1.55 PM **The Floor**
3.00 **The Masked Singer**
4.35 **FILM Kung Fu Panda** Animated comedy with the voices of Jack Black, Dustin Hoffman and Angelina Jolie. (2008, PG, 92min) ★★
6.25 **FILM Yes Man** Comedy starring Zooey Deschanel, Jim Carrey and Bradley Cooper. (2008, 12, 100min) ★★★

6.25 Yes Man

FILM Yes Man (film started at 6.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.30 **FILM Fast & Furious Presents Hobbs & Shaw** Action adventure starring Dwayne Johnson and Jason Statham. Luke Hobbs and Deckard Shaw must put their differences aside and team up to stop a major terror threat. With Idris Elba and Helen Mirren. (2019, 12, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Family Guy** 17/21. Peter becomes a classy person. (S12) **11.35** 21/22. Brian wins tickets to a concert. (S11)
12.05 AM **American Dad!** (S20&10)
1.05 **The Stand Up Sketch Show**
2.05 **Transaction** 1/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.30 **Inspector Morse**
10.45 **FILM Carry On Up the Jungle** Safari comedy starring Sidney James and Joan Sims. (1970, PG, 89min) ★★
12.25 PM **Rosemary & Thyme**
2.00 **Midsomer Murders** *Faithful Unto Death:* The wife of the businessman goes missing. **4.00** *Death in Disguise:* Guest stars Stephen Moyer. **6.00** *Death's Shadow:* Barnaby and Troy investigate the murder of a property developer.

11.50 Lewis

Midsomer Murders (started at 6.00pm)

8.00 **Midsomer Murders** *Strangler's Wood:* The discovery of a woman's body in woodland prompts Barnaby and Troy to re-examine three similar killings that occurred in the same village nine years previously. Guest stars Phyllis Logan.

10.00 **Vera** *Death of a Family Man:* The detective investigates the death of a businessman who was working as an informant for HM Revenue and Customs offering information on his own company. Guest stars Robert Glenister.
11.50 **Lewis** *The Ramblin' Boy.*
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Celtic v Dundee United.
8.15 **Wild Horses, the Rockies and Me** Gordon Buchanan goes in search of wild horses in Canada.
9.15 **Close to the Bone** Docu-drama about six British orphans sent to Australia in 1948.
10.10 **Still Game** *Hyper:* 5/7. A supermarket giant muscles in on Navid's business. (S6)
10.40 **Scot Squad** 2/5. Traffic officer Hugh McKirdy shares his wisdom on all things deep-fried. (S7)
11.10 **Music Vault** Featuring tracks by Biffy Clyro and Goodbye Mr Mackenzie.
11.55 PM **to 12.00** M'T **Tune**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
10.30 **Ballers** 1–4/10. (S1)
12.55 PM **Sex and the City**
4.00 **Community** (S1)
6.30 **The Office (US)** 1/25. Two new faces in the office become known as 'the New Dwight' and 'the New Jim'. **7.00** 2/25. Jim and Pam get a surprising invitation to Roy's wedding. **7.30** 3/25. Andy discovers that he may be a distant relative of Michelle Obama. **8.00** 4/25. Dwight rents a bus as temporary work space for the staff. **8.30** 5/25. Andy's former college a cappella group to perform. (S9)
9.00 **Maisie Adam: Appraisal** A home town show by the comedian at Harrogate Theatre.
10.15 **Flo & Joan: Sweet Release** Stand-up.
11.30 **And Just Like That...**
2.30 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Len Phillips Swing Orchestra's 100 Years of Big Bands**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM Sunset Boulevard** Drama. (1950, PG) ★★★★★
3.15 **Buster Keaton: Genius Crushed by Hollywood**
4.15 **Elvis Presley: Aloha from Hawaii**
5.45 **Queen: From Rags to Rhapsody**
7.00 **David Bowie: A Reality Tour**
8.20 **Bowie: The Man Who Changed the World**
10.20 **David Bowie: Serious Moonlight**
12.20 AM **The Rolling Stones: Welcome to Shepherd's Bush**
2.30 **Paul McCartney and Wings: One Hand Clapping** Documentary
4.00 **The Great Songwriters**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
10.00 **Nothing to Declare**
1.00 PM **Nothing to Declare**
2.00 **Caught on Dashcam**
4.00 **Africa's Hunters**
5.00 **Wild Sky**
6.00 **Wild Battlegrounds**
7.00 **World's Most Evil Killers** Examining the crimes of Charles Ng and Leonard Lake.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **FILM Cult Killer** Thriller with Antonio Banderas and Alice Eve. After a private investigator is murdered, his protégé discovers the grisly secrets of their town. (2024, 15, 105min) ★★★
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers** The Beast, the Governess, the Vixen, the Menace, the Sinnerman and the Dark Destroyer take on more hopefuls.
4.05 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.05 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.05 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Romesh Ranganathan's Parents' Evening** With Tom Allen and his mum Irene, Fleur East and her mum Irene, and Steve Pemberton and his daughter Maddie.
10.05 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.10 AM **Little House on the Prairie** (S4)
7.00 PM **Little House on the Prairie** *The Rivals:* 15/24. Laura realises that she is in love with Jimmy. **8.00** *Whisper Country:* 16/24. Mary takes a teaching job in an isolated town. (S4)
9.00 **FILM Deceived** Thriller starring Goldie Hawn as a widow who discovers disturbing evidence about her late husband's true identity. With John Heard and Ashley Peldon. (1991, 15, 104min) ★★★
11.20 **Rumpole of the Bailey** 2/6. The barrister investigates corruption. **12.20** AM 3/6. A jealous husband finds himself accused of murder. (S7)
1.20 **Home to Roost** (S4)
2.00 **Little House on the Prairie** 17/24. (S4)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **Auto Mundial**
6.50 **Motorsport Mundial**
7.20 **The Big Match Revisited**
8.20 **The Professionals**
9.30 **Racing: The Opening Show**
10.30 **Great Racehorses**
10.55 **Made in Britain**
11.20 **Cadfael**
1.00 PM **LIVE Racing** From Warwick, Kempton Park and Wetherby.
4.00 **Return of Sherlock Holmes**
5.05 **FILM The Avengers** Offbeat thriller. (1998, 12, 89min) ★

10.55 Made in Britain

7.00 **LIVE Motorsport Formula E** The Mexico City E-Prix: Coverage of the second race of the season, held at Autódromo Hermanos Rodríguez. Andretti's Jake Dennis will be looking to follow up on his victory in the season opener in Sao Paulo last month. Start-time is at 8.05.
9.35 **Unbelievable Moments Caught on Camera** A student pilot forced to land her plane without a front wheel.
10.35 **Wrestling: AEW Dynamite** Hard-hitting action featuring Jon Moxley, Chris Jericho and Bryan Danielson.
12.35 AM **Minder** *A Tethered Goat:* Terry acts as the bodyguard for a Lebanese businessman.
1.30 **The Professionals**
2.30 **Auto Mundial**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Doomsday Meteor** Sci-fi thriller with Patrick Labyorteaux and Joseph Michael Harris. (2023, PG, 86min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **5.00** 26/26. Part one of two. Civil war threatens to tear apart the Klingon empire. (S4)
6.00 **Star Trek: Enterprise** 11/22. Hoshi and Trip are infected with a deadly virus. (S4)

11.00 Doomsday Meteor

7.00 **Star Trek: Enterprise** *Babel One:* 12/22. Part one of three. The crew members answer a distress call from Shran.
8.00 **Star Trek: Enterprise** *United:* 13/22. Part two of three. Archer and T'Pol devise a plan to save Reed and Trip.
9.00 **Star Trek: Enterprise** *The Aenar:* 14/22. Part three of three. Archer visits Shran's homeland in search of the Aenar.
10.00 **Star Trek: Enterprise** *Affliction:* 15/22. Part one of two. Archer sets out to rescue Dr Phlox, who has been kidnapped. (S4)
11.00 **Grimm** 6/22. Nick and Hank investigate a wave of Wesen gang vandalism. **12.00** M'T 7/22. Juliette returns in the form of Eve. **1.00** AM 8/22. Nick and Hank investigate a mysterious sighting linked to a tourist's death. **2.00** 9&10/22. (S5)
4.00 **to 6.00 Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** *Gently with Honour.*
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Demise of the Debutante:* A killer strikes at a finishing school for girls.
6.00 **Shakespeare & Hathaway: Private Investigators** 1/10. First episode of the comedy drama about an oddball pair of private detectives. Stars Jo Joyner and Mark Benton. (S1)

6.00 Shakespeare & Hathaway

7.00 **Shakespeare & Hathaway: Private Investigators** 2/10. The duo look into the death of a care home worker. (S1)
8.00 **Death in Paradise** *An Artistic Murder:* 3/8. Humphrey and the team investigate the shooting of Fidel's old friend. (S3)
9.00 **Father Brown** *The Great Train Robbery:* Lady Felicia and Mrs McCarthy are taken hostage when a robbery goes awry.
10.00 **Allegiance** *Fallen Idols:* 9/10. A shooting thrusts Sabrina into the life of a volunteer trying to curb the violence. (S1)
11.00 **Dark Winds** 5/8. After a grisly murder, Leaphorn and Chee strike out on their own when the FBI take over. (S3)
12.00 M'T **Murdoch Mysteries** (S7)
1.00 AM **Black Sands** 6/8. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.15 AM **Only Fools and Horses**
1.00 PM **The Vicar of Dibley** Nine episodes, including at: **5.00** The first episode of Richard Curtis's comedy starring Dawn French. The villagers of Dibley discover that their new vicar is a woman. **5.35** The *Songs of Praise* crew visit Dibley to record a programme in the church. Guest stars Peter Capaldi. **6.15** Geraldine is keen to find a celebrity to open the autumn fair in style. Guest stars Kylie Minogue.

7.00 The Vicar of Dibley

7.00 **The Vicar of Dibley** Geraldine is put in charge of raising funds to replace a stained glass window. **7.40** Geraldine finds she is a popular candidate in the local election. **8.20** Geraldine decides to hold a service for the animals of the village.
9.00 **Only Fools and Horses** Del Boy takes up cards in his latest attempt to make his first million. **9.40** Del cannot believe it when Rodney tells him he has found a girlfriend. **10.20** Del jumps at the opportunity to decorate the Chinese restaurant.
11.00 **Only Fools and Horses**
12.20 AM **This Time with Alan Partridge** First episode. The broadcaster makes a return to prime time TV.
1.00 **The Vicar of Dibley**
3.30 **to 4.00** AM **This Time with Alan Partridge**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.20 AM **James May: The Reassembler** A 1970s Honda Z50A Mini Trail Motorcycle.
8.05 **Hairy Bikers' Best of British**
9.05 **Rick Stein's Mediterranean Escapes** A visit to Catania.
10.05 **Top Gear** Double bill.
12.10 PM **World's Most Dangerous Roads** Double bill of editions.
2.10 **Guy Martin: Proper Jobs**
3.15 **Would I Lie to You?**
6.30 **Would I Lie to You? – The Unseen Bits** A compilation of unseen material from the comedy panel show.

9.00 Superstore

7.10 **Gavin & Stacey** The Shipmans drive to Wales for a wedding fayre. **7.50** Stacey goes on a hen party, and Gavin embarks on two stag nights. **8.25** The day of the wedding arrives, and Nessa debates whether to share her big secret.
9.00 **Superstore** 5/11. Amy is forced to bring her daughter to work. **9.30** 6/11. A secret shopper visits the store.
10.00 **Superstore** 7/11. The employees get the chance to win a cash bonus. **10.30** 8/11. The store has a wedding day sale. (S1)
11.00 **Not Going Out**
1.15 AM **Would I Lie to You?**
1.55 **Meet the Richardsons: Five Years of Laughter**
2.25 **Meet the Richardsons**
3.05 **Not Going Out**
3.35 **to 4.00** AM **James May at the Edge of Space**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
2.00 PM **Location, Location, Location** In Surrey.
3.00 **A Place in the Sun** Five episodes, including at: **6.00** A father and daughter search for a holiday home in the Turkish town of Side. **7.00** Jasmine Harman goes house-hunting on the eastern Costa del Sol.
8.00 **Kirstie and Phil's Love It or List It** Kirstie and Phil help a couple from East Renfrewshire.
9.00 **The Big Fat Quiz of Telly** With contestants including Harry Hill, Judi Love and Tom Allen.
11.00 **Catching a Killer: Buried Truths**
12.20 AM **Social Media Monsters** Documentary.
1.20 **Gogglebox Festive Special 2025**
2.55 **to 4.35** AM **FILM Spies in Disguise** Animated family adventure. (2019, PG, 98min) ★★★★

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.25 **Murder, She Wrote**
10.20 **Blue Bloods** (S5)
3.05 PM **NCIS** Seven episodes, including at: **6.00** *Twilight:* 23/23. The team's old enemy Ari Haswari returns. (S2) **7.00** *Kill Ari – Part One:* 1/24. The team reel in the wake of the attack. **8.00** *Kill Ari – Part Two:* 2/24. Gibbs continues to blame himself for Kate's death and goes after Ari. **9.00** *Mind Games:* 3/24. Gibbs interrogates a death-row prisoner. (S3)
10.00 **Law & Order: Special Victims Unit** *Depravity Standard:* 9/23. Barba relies on decades-old evidence to prosecute a child abductor. (S17)
11.00 **Law & Order: Special Victims Unit** (S17&16)
1.50 AM **Instinct** (S1)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.05 **Nightmare Tenants, Slum Landlords**
1.05 PM **Call the Bailiffs: Time to Pay Up** Five editions, including at: **4.15** Agents remove a man from a former footballer's home. **5.15** Agents search for a debtor who owes more than £20,000 for an unpaid invoice.
6.15 **FILM Godzilla** Hollywood remake of the Japenese monster movie, starring Matthew Broderick and Jean Reno. (1998, PG, 139min) ★★★
9.00 **FILM Total Recall** Sci-fi thriller starring Arnold Schwarzenegger. (1990, 15, 109min) ★★★
11.20 **Accused** 7&10/15. (S1)
1.10 AM **The Good Wife**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Motorway Cops: Catching Britain's Speeders** Five editions.
2.45 PM **FILM Decision at Sundown** Western starring Randolph Scott. (1957, PG, 77min) ★★
4.25 **FILM Johnny Guitar** Western drama starring Joan Crawford. (1953, PG, 110min) ★★★★
6.40 **FILM Will Penny** Elegiac Western starring Charlton Heston. (1967, PG, 109min) ★★★
9.00 **FILM Cliffhanger** Action adventure starring Sylvester Stallone. A Rocky Mountains rescuer attempts to foil a violent gang searching for its loot in the wilderness. (1993, 15, 112min) ★★★★
11.10 **Banged Up Abroad**
3.15 AM **Winter Road Rescue**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad**
7.00 **Pete Wicks: For Dogs' Sake** Pete helps rescue six Chihuahuas from the home of a hoarder.
8.00 **One Born Every Minute** A 20-year-old expectant mother is admitted with a significant bleed. **9.00** A woman with gestational diabetes is rushed to theatre.
10.00 **The Supervet: Noel Fitzpatrick** A toy poodle needs treatment for a damaged hip joint. **11.00** Stories of some of the youngest animals Noel has treated.
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: America's Most Hated Family in Crisis**
1.40 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Birds of a Feather**
8.40 **Pie in the Sky**
10.40 **Lovejoy**
12.00 NOON **Father Brown**
1.00 PM **New Tricks**
3.40 **Jonathan Creek**
5.00 **The Chelsea Detective**
7.00 **The Brokenwood Mysteries** *From the Cradle to the Grave:* 1/6. Chaos ensues when a recently deceased woman is found in a museum's Egyptian mummy case. (S8)
9.00 **Whitechapel** 2/3. Buchan's extensive knowledge of Jack the Ripper helps Chandler identify a suspect. (S1)
10.00 **The Inspector Lynley Mysteries** *Missing Joseph:* A parish vicar is found murdered.
12.00 M'T **New Tricks**
2.25 AM **Ladies in Black**
3.20 **to 4.00** AM **Birds of a Feather**

+1 hr 243 316 60 260

Saturday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **Angus Ashworth: Yorkshire Heritage Hero**
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** Transforming a water pump and an armchair. **7.00** A 1970s sideboard gets a stylish update. **8.00** Transforming two mirrors and a swivel chair.
9.00 **My Lottery Dream Home** Double bill.
10.00 **Celebrity IOU** New edition Goldie Hawn surprises her best friend of over 40 years with a home transformation.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Total Wipeout Celebrity Special**
11.00 **Total Wipeout: The Awards** Game show.
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
3.20 **All Star Family Fortunes** With Eamonn Holmes and Holly Willoughby.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With guests Colin Jackson, Anne Diamond, Josie Long and Nicky Campbell.
6.00 **The Chase** Triple bill.
9.00 **The Chase Celebrity Special** With Su Pollard, Jordan Banjo, AJ Odudu and Jonathan Ross.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Celebrity Chase**
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory** Western.
9.40 **FILM The Quick & the Dead** Western. (1987, PG, 94min) ★★★
11.40 **FILM Battle of Rogue River** Western drama. (1954, PG, 90min) ★★
1.10 PM **FILM Apache Territory** Western. (1958, U, 77min) ★★
2.40 **FILM The Gunfighter** Classic Western. (1950, b/w, U, 84min) ★★★★
4.35 **FILM Shootout** Western starring Gregory Peck. (1971, PG, 94min) ★★
6.45 **FILM 100 Rifles** Western starring Jim Brown. (1969, 15, 104min) ★★★
9.00 **FILM End of a Gun** Thriller, starring Steven Seagal and Jade Ewen. (2016, 15, 87min) ★★
10.55 **FILM The Forger** Thriller. (2014, 15, 92min) ★★
12.55 AM **The Persuaders!**
3.45 **to 6.00** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 **FILM An Emma Fielding Mystery: Site Unseen** Drama. (2017, PG) ★★
11.25 **FILM Flower Shop Mystery** (2016, U) ★★
1.20 PM **FILM Mystery 101: Pilot** (2019, PG) ★★
3.15 **FILM Morning Show Mystery: Mortal Mishaps** Drama. (2020, PG) ★★
5.10 **Hailey Dean Mysteries**
7.05 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** (2020) ★★
9.00 **FILM Morning Show Mysteries: Murder Ever After** (2021, PG) ★★
10.55 **FILM Framed for Murder** Thriller. (2022, 12) ★★
12.50 AM **FILM Born and Missing** (2017, PG) ★★
2.35 **FILM Death By Friendship** Thriller. (2020, 12, 90min) ★★
4.00 **to 4.50** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Can't Buy My Love** (2017, PG) ★★
10.00 **FILM The Engagement Plot** (2022, PG) ★★
12.00 NOON **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
2.00 PM **FILM The Presence of Love** Romance. (2022, PG, 84min) ★★
3.55 **FILM To England, with Love** Romantic comedy. (2023, PG, 89min) ★★
5.55 **FILM Cabin Connection** Drama. (2022, PG) ★★
7.45 **FILM Sincerely, Yours, Truly** Romantic drama. (2020, PG, 90min) ★★
9.40 **FILM Me and Mr Right** Comedy. (2022, U) ★★
11.40 **FILM A Vineyard Romance** Drama. (2021, PG, 86min) ★★
1.45 AM **Highway to Heaven**
2.45 **FILM The Presence of Love** As 2.00pm.
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.00 **Star Maidens**
8.30 **The Lovers**
10.00 **The Fenn Street Gang**
11.00 **Boon** 5/13. (S2)
12.00 NOON **The Prime of Miss Jean Brodie** (S1)
1.00 PM **Lady Killers**
2.00 **The Champions** (S1)
3.00 **Star Maidens** (S1)
4.00 **The Dustbinmen** (S1)
5.00 **The Champions** 11/30.
6.00 **Boon** 5/13. (S2)
7.00 **Star Maidens** 5/13. (S1)
7.30 **The Brian Conley Show**
8.00 **The Fenn Street Gang**
9.00 **Dark Skies** 1/20. Drama starring Eric Close. (S1)
10.00 **Naughty!**
11.35 **Rewind & Remember Bitesize** With Stuart Ball
11.45 **Stereo Underground**
12.45 AM **Lady Killers**
1.45 **London in the Raw**
3.15 **The Champions** (S1)
4.10 **Stereo Underground**
5.10 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive**
9.00 **Paranormal: Caught on Camera** Cases include a biker who encounters evidence of skinwalker activity, a demon doll that attacks two investigators and UFOs that gatecrash an Independence Day party.
10.00 **Ghost Adventures** Zak Bagans and his team encounter poltergeist activity at a Hollywood toy and costume shop. **11.00** The crew look into rumours of a cursed music venue in Utah.
12.00 M'T **Unexplained: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Paul Hollywood: City Bakes** Four editions.
1.00 PM **James Martin's American Adventure**
3.00 **Rick Stein's Seafood Odyssey** Eight editions.
7.00 **Secret Eats with Adam Richman** Four editions.
9.00 **Diners, Drive-Ins and Dives** Guy Fieri tries chicken and dumplings in Redmond, Oregon. **9.30** Guy heads to prime pit stops in the US for étouffée, pizza and lamb flatbread. **10.00** Guy dives into a flavour overload with tacos in Alabama. **10.30** Big flavours in unexpected spots, including an airport.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Trapped in Space** Sci-fi thriller. (1994, 15, 84min) ★★
9.00 **Charlie's Angels**
2.00 PM **FILM The War Lord** Medieval drama. (1965, PG, 122min) ★★★★
4.15 **10.5 Apocalypse** 1/2. Disaster drama starring Kim Delaney.
8.00 **The Twilight Zone** *Valley of the Shadow:* 3/18. A village harbours a dark secret. (S4)
9.00 **FILM Stealth** Thriller with Josh Lucas, Jessica Biel and Jamie Foxx. (2005, 12, 121min) ★★
11.20 **FILM Marked for Death** Action thriller starring Steven Seagal. (1990, 18, 94min) ★★
1.20 AM **FILM We Still Kill the Old Way** Drama. (2014, 18, 94min) ★★
3.15 **to 5.00** AM **FILM The Two Faces of Dr Jekyll** Hammer horror. (1960, 15, 88min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The Curse of King Tut's Tomb** 2/2. Adventure.
2.00 PM **FILM The Darwin Conspiracy** Sci-fi thriller. (1999, PG, 90min) ★
4.00 **Andromeda** (S5)
9.00 **FILM In the Line of Duty** Crime thriller starring Aaron Eckhart. A disgraced cop must race to save a police chief's daughter from an unhinged suspect. (2019, 15, 98min) ★★
11.00 **FILM Hammer of the Gods** Action adventure set in the Dark Ages, starring Charlie Bewley. (2013, 18, 94min) ★
1.00 AM **FILM In the Line of Duty** As 9.00pm.
3.00 **FILM The Blood Beast Terror** Period chiller starring Peter Cushing. (1967, 12, 88min) ★
4.50 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Pawn Stars**
10.10 **UFOs: Why Are They Here?** Documentary.
11.10 **Ancient Aliens: Origins**
1.05 PM **The Proof Is Out There** Five editions.
4.05 **Forbidden History**
5.05 **Egypt's Unexplained Files** Double bill.
7.00 **Egypt's Unexplained Files** Science shines a light on the dark side of Ancient Egypt. **8.00** The truth and lies behind Ancient Egypt's known and loved icons.
9.00 **Holy Marvels with Dennis Quaid** The actor investigates the quest for immortality.
10.00 **Clash of Ancient Warriors** The story of the Battle of Cannae.
11.00 **The UnXplained with William Shatner**
1.00 AM **Strangest Things**
2.00 **to 6.00** AM **UFO Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **Digging Up Britain's Past: Henry VIII's Lost Palace**
10.00 **Digging Up Britain's Past** Robin Hood.
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **7.00** *Night Fears:* Jessica investigates a series of muggings at a college campus. **8.00** *Unauthorised Obituary:* A best-selling author is murdered.
9.00 **D-Day: Invasion** 1/2. A look back at the events of 6 June 1944.
10.00 **D-Day: Victory** 2/2. British and Canadian forces land with the Americans pinned down on Omaha Beach.
11.00 **Three Days in June: The Story of the D-Day Forecast**
12.10 **to 4.00** AM **Wentworth Prison**

HGTV

158 153 191 44 149 40

7.00 AM **Fixer to Fabulous**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Celebrity IOU**
7.00 **Celebrity IOU** Laurence Fishburne challenges Jonathan and Drew Scott to craft a backyard retreat for a good friend. **8.00** Rob Lowe helps Jonathan and Drew to level up the home of his friend and assistant. **9.00** Drew Barrymore surprises her best friend with a home renovation. **10.00** Tony Hawk joins the team to carve out a workspace for his friend. **11.00** Transforming the garden of Rebel Wilson's newly married hairstylist. **12.00** M'T Singer Michael Bublé provides his late grandfather's carer with a new home.
1.00 **to 4.00** AM **Building Alaska**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Gerard has nearly a hundred lumps varying in size all over his body. **8.00** Ravon has a unique growth on his leg.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
10.00 **Friends** (S9)
1.20 PM **Friends** (S9&10)
8.00 **Friends** 13/18. Joey persuades Phoebe to teach him French. **8.30** 14/18. Phoebe decides to change her name. (S10)
9.00 **FILM Picture Perfect** Romantic comedy starring Jennifer Aniston and Jay Mohr. (1997, PG, 106min) ★★★
11.05 **Out of Order**
12.05 AM **8 Out of 10 Cats Uncut** With Ellie Taylor.
12.55 **Drunk History**
1.55 **Iain Stirling's Roast the Internet**
2.55 **Jimmy Carr's Am I the A**hole?**
3.40 **Dragony Aunts**
3.50 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 5.45pm.
10.00 **Everybody Loves Raymond** (S4)
5.45 PM **Michael McIntyre's Big Show** With Liam Payne and Bear Grylls.
6.45 **Criminally Funny**
9.00 **Friends** 9/18. Joey dates one of Phoebe's friends. **9.30** 10/18. Rachel and Phoebe spot Chandler with a blonde beauty. **10.00** 11/18. Guest stars Danny DeVito. **10.35** 12/18. The day of Phoebe and Mike's wedding arrives. (S10)
11.15 **Friends** (S10)
12.15 AM **Rich Hall: 3:10 to Humour** Stand-up show.
1.40 **South Park** (S2&3)
4.30 **Jimmy Carr's Am I the A**hole?**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Music**
8.25 **Nearest and Dearest**
8.55 **Steptoe and Son**
1.10 PM **Minder** (S3)
5.35 **Russ Abbot's Madhouse**
6.10 **FILM Bless This House** Comedy spin-off starring Sidney James and Diana Coupland. (1972, U, 89min) ★★
7.55 **Minder** 11/11. (S1)
9.00 **Benidorm** 6/7. The Oracle gets trapped in a lift with his mother. (S7)
9.55 **Shameless** 9/10. (S10)
10.55 **Minder** 11/11. (S1)
12.00 M'T **Benidorm** 6/7. (S7)
1.00 AM **Shameless** (S10)
2.00 **The Kenny Everett Video Show**
2.35 **Man About the House**
3.00 **Duty Free** (S3)
3.25 **The Osbournes**
3.50 **That's 60s: Music**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Welsh Highland Rail Part 2**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 11/14. (S5)
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** Shi hopes to meet up with the elusive Mira.
9.00 **True Life Crime UK** The case of a missing teen who vanished just days before Christmas.
10.00 **FILM Happy Death Day** Black comedy horror starring Jessica Rothe. (2017, 15, 92min) ★★★
12.00 M'T **Caught in the Act: Unfaithful** Ta'Yiani seeks Tami's services.
1.00 AM **Black Ink Crew New York** Ceaser and Puma's friendship comes to a shocking end.
2.00 **Teen Mom Family Reunion** Reality series.
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Mystery at Blind Frog Ranch** Six editions.
12.00 NOON **Gold Divers** Triple bill.
3.00 PM **Gold Rush** The future of Tony Beets' gold mining dynasty hangs in the balance. **4.00** The Beets family erupts into chaos when eldest son Kevin takes the year off. **5.00** Over six short months, the Klondike's gold miners battle nature's wrath. **6.00** Kevin recoils when Parker shows up to collect his money, and Mike puts new recruits through bootcamp.

6.00 Mystery at Blind Frog...

7.00 **Scrapyard Dynasty** Terry hopes to make some money on a Toyota Corolla to raise funds for an anniversary gift.

8.00 **Secrets Underground** Rob Nelson investigates mysterious rocks at the bottom of Lake Michigan.

9.00 **Marooned with Ed Stafford** Ed must make his way off the peak of Changbai Mountain in northern China.

10.00 **In the Eye of the Storm** In March 2025, a rare train of supercells creates a record 889 tornadoes east of Tornado Alley.

11.00 **Animals on Drugs** Forrest Galante investigates the wild trend of bears breaking into homes and chugging booze.
12.00 M'T **Moonshiners** Triple bill of the series.
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson helps tame an aggressive cat. **4.00** A cat seems resentful of its owner's new husband.
5.00 **Treehouse Masters** Pete Nelson designs a clean-lined luxury treehouse in Texas.
6.00 **Saved by the Barn** Dan and Chris head across Lake Michigan to adopt two piglets.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** Exploring how a lizard can walk on water. **7.30** How a barn owl catches prey it cannot see.

8.00 **Extinct or Alive** Biologist Forrest Galante searches Madagascar for the great-ape-like pachylemur.

9.00 **Alaskan Bush People: Book of Bear** Bear Brown talks about his fond memories of growing up in the wild.

10.00 **Tanked** Brett Raymer and Wayde King create a saltwater aquarium at the home of singer and actor Keyshia Cole.

11.00 **Alaska: The Last Frontier** Otto and his son Eivin bond over a hunt for ptarmigan, while Atz Lee and Jane go in search of caribou.
12.00 M'T **Project Grizzly**
2.00 AM **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Air Crash Investigation**
2.00 PM **Pirates: Behind the Legends** Grace O'Malley.
3.00 **Rise and Fall of the Mayas**
5.00 **Air Crash Investigation** Experts examine dashcam footage to discover why a plane clipped an elevated highway before crashing into Taipei's Keelung River. **6.00** Two planes collide while flying in the skies over southern Germany.

3.00 Rise and Fall of the Mayas

7.00 **Seconds from Disaster** An investigation into a train crash that killed more than 100 people in Japan in April 2005.

8.00 **Apocalypse: The Rise of Hitler** 1/2. Documentary charting the dictator's rise to power.

9.00 **Apocalypse: The Rise of Hitler** 2/2. Hitler's rise to the position of chancellor in 1933.

10.00 **Nazi Megastructures** Heinrich Himmler's role in establishing the SS and his part in the organisation of the Holocaust.

11.00 **21st Century Sex Slaves** A special forces unit and a team of undercover investigators join forces to hunt down a sex trafficking ring.
12.00 M'T **Air Crash Investigation**
2.55 AM **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Lords of War**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People**
8.00 **Full Custom Garage**
10.00 **The Curse of Oak Island**
12.00 NOON **Storage Wars**
2.00 PM **Secrets of Great British Castles** Triple bill of the series.
5.00 **Britain's Lost Battlefields with Rob Bell** Examining Robert the Bruce's famous victory against the English at Bannockburn in 1314.
6.00 **Gold Wars Downunder** Three hardcore mining teams battle it out to see who can unearth the most gold.

6.00 Gold Wars Downunder

7.00 **Airport Security: USA** A passenger's bags are checked after he gives short evasive answers to law enforcement.

8.00 **Airport Security: USA** Agents are on the look out for a fugitive returning to the United States.

9.00 **Original Gangsters with Sean Bean** The life of Stephanie St Clair, who ruled Harlem's numbers rackets with an iron fist.

10.00 **Original Gangsters with Sean Bean** The actor examines the lives of notorious criminals Billy Hill and the Kray twins.

11.00 **Paranormal Survivor** Times when multiple people have seen the same spirit.
12.00 M'T **Hazardous History with Henry Winkler** Shockingly dangerous activities and products from the past.
1.00 AM **Close Encounters**
2.25 **Storage Wars**
4.10 **to 6.00** AM **Airport Security: USA**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
1.00 PM **The Thin Blue Line**
3.00 **Canal Boat Diaries** Six editions, including at: **5.00** Robbie Cumming travels from Barton Swing Aqueduct to Liverpool Docks. **5.30** Robbie travels along the Shropshire Union Canal.
6.00 **Robson Green: World's Most Amazing Walks** A walk along the iconic Hadrian's Wall Path.

6.00 World's Most Amazing...

7.00 **Robson Green: World's Most Amazing Walks** Robson heads to Austria to hike along the stunning Wachau Valley.

8.00 **Bangers & Cash** Derek travels to the Lancashire coast to pick up a rare 1972 Citroën SM.

9.00 **Bangers & Cash** Derek is on the road to pick up a funky little Nissan Figaro and a sublime Ferrari 250 GT tribute car.

10.00 **Bangers & Cash** Derek takes a look at a Citroën 2CV, before admiring a treasure trove of more than 270 motorbikes.

11.00 **Bangers & Cash** Derek heads off to collect some vintage motorcycles from a garage at the bottom of the garden in the north-east of England. **12.00** M'T Derek has his work cut out trying to remove an old Morris from a garage.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
7.00 **Shed and Buried: Classic Cars**
8.00 **Shed and Buried** Restoring a tired 1937 James motorcycle. **8.30** A Honda C90 and Gaz-69 Jeep.
9.00 **The Repair Shop** The team restore a 1950s alarm clock and a 120-year-old rugby cap.
10.00 **The Yorkshire Auction House** Angus clears a home of classic books to fund a trip for a widower.
11.00 **Outback Opal Hunters** Failing to find opal, the Mooka Boys embark on a risky mission at night.
12.00 M'T **Treasure Hunters Down Under**
1.00 AM **Mystery at Blind Frog Ranch** Double bill.
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Murder Under the Friday Night Lights**
9.00 **The Murder Tapes** New edition After the murder of 28-year-old Kiara Livingston, police find inconsistent witness accounts.
10.00 **Police 911: Michigan** New edition Detective Katie Roszkowski, leading her first homicide case, uncovers a party bus gone wrong.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** A loving couple are gunned down.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Killer You Know** The case of Sarah Ludemann, who was stabbed to death in the street by a love rival. **7.00** Jennifer Pan's account of her parents' death doesn't add up. **8.00** A mass shooting on the University of Alabama campus leaves the country in shock. **9.00** Love turns deadly for three couples.
10.00 **Uncovering Melanie's Murderer** A look at how DNA profiling can enhance traditional investigative techniques.
11.00 **Uncovering the Date Rape Killer**
12.00 M'T **Uncovering Intimate Partner Abuse**
1.00 AM **The Killer You Know** Triple bill.
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** The case of a married mother who became a killer. **3.30** Former FBI profiler Candice Delong meets a woman who killed her husband.
4.00 **A Secret to Die For** Smiles and handshakes can't cover up lies, deceit and heinous crimes as a Baton Rouge local TV celebrity and pastor spins through a web of secrets. **5.00** Sex, secrets, sports cars and money turn out to be a recipe for murder, and a mountain of lies comes crashing down.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **A Secret to Die For**
4.00 **Citizen Detective**
4.45 **Facing Evil**
5.35 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Caught on Dashcam**
10.00 **Murders That Shocked the Nation** The crimes of John George Haigh.
11.00 **World's Most Evil Killers**
1.00 PM **Forensics: Catching the Killer** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** Triple bill.
10.00 **Dating Death** 1-3/3. The story of serial killer Rodney Alcala.
1.00 AM **Britain's Most Evil Killers** Andrew Dawson.
2.00 NEW SERIES **Death Row Confidential: Secrets of a Serial Killer** The story of Joseph Naso.
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The Normans**
1.00 PM **The Normans**
6.00 **Village of Death: Oradour-sur-Glane 1944** The German invasion of the French village of Oradour-sur-Glane in June 1944.
7.15 **Schindler: The Real Story** The life of Oskar Schindler, the man who saved over 1,000 Jewish people from Hitler's extermination campaign in World War Two.
8.55 **Remaking the Middle East** 1/2. Detailing generations-long conflicts in the region. **10.10** 2/2. How Israel ended up fighting wars in Gaza and Iran.
11.20 **Grand Tours of the Scottish Islands**
12.00 M'T **Village of Death: Oradour-sur-Glane 1944** As 6.00pm.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Helen Mirren**
7.00 **Discovering: Vanessa Redgrave**
8.00 **The Directors**
9.00 **FILM The Fog of War** Director Errol Morris's Oscar-winning documentary. (2003, PG, 107min) ★★★
11.00 **Dave Not Coming Back**
1.00 PM **Rise of the Superheroes**
3.10 **Showbiz Kids** The impact of working as a child actor in the entertainment industry.
5.00 **Bowie: The Man Who Changed the World** Documentary celebrating the life and career of the musician.
7.00 **Becoming Madonna** Documentary charting Madonna's rise to stardom.
9.00 **Nothing Compares** The story of Sinéad O'Connor's rise to worldwide fame.
11.00 **George Carlin's American Dream** 1&2/2. The life and work of the stand-up comic.
3.10 AM **FILM Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **Africa's Hunters**
8.00 **Extreme Africa**
10.00 **Deep in the Heart**
11.00 **Secrets of the Enchanted Waters** Swamplands.
12.00 NOON **Extraordinary Animals**
1.00 PM **Land of Gremlins**
4.00 **Baby Animals**
5.30 **David Attenborough's First Life** 1/2. The naturalist explores the origins of life on Earth. **6.45** 2/2. How animals began to survive on dry land.
8.00 **Battle of the Alphas** The battles that rage between animals of the African savannah. **8.30** Creature conflicts in India.
9.00 **Jaguar Journals** Lizzie and veterinarian Joares scramble to collar more jaguars.
10.00 **City Wildlife Rescue**
12.00 M'T **Battle of the Alphas**
1.00 AM **Jaguar Journals**
2.00 **NEW SERIES Becoming Elephant: The Orphans of Reteti** Following the journey of orphaned elephants at Reteti Elephant Sanctuary.
3.00 **to 6.00** AM **Macaque Island**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Aircraft**
10.00 **Soviet Storm: WWII in the East** Documentary on the Soviet troops' campaign in Rzhev in 1941 and 1942.
11.00 **Digging for Britain**
2.00 PM **Ancient Aliens**
4.00 **Secret Wars Uncovered**
6.00 **Digging for Britain** Alice Roberts reveals the forgotten story of the Roman cavalry. **7.00** Alice visits a secret location in the Cotswolds.
8.00 **What on Earth?** How satellites were used to track down kidnapped girls in Nigeria.
9.00 **Rome: Rise and Fall of an Empire** A profile of the half-Vandal general Stilicho. **10.00** A look at how the soldier Ricimer became the power behind the throne.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Hitler's Secret Sex Life**
2.00 **Evidence of the Unexplained**
3.00 **Secret Wars Uncovered**
5.00 **to 6.00** AM **Footprints of Civilisation**

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **The Real Murders of Orange County** A party planner is found murdered at home. **7.00** A confession breaks open a case that has been cold for nine years.
8.00 **The Real Murders of Atlanta** A 23-year-old Atlanta mother is shot and left for dead in front of her infant daughter
9.00 **Murder at the Motel** An abandoned vehicle found with two corpses in the back.
10.00 **Don't Open the Door** Chilling tales of lives changed by a knock on the door.
11.00 **Fear Thy Neighbour**
1.00 AM **Sin City Murders**
2.00 **Hometown Tragedy**
3.00 **Meet, Marry, Murder**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Heartland Docs**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **The World's Most Famous Tiger** Documentary about one of the world's oldest tigers.
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The Schroeders welcome three new horses to their riverside home.
8.00 **Secrets of the Zoo: Tampa** The birth of four endangered red wolf pups marks an historic moment for the zoo. **9.00** The Florida team fight to keep their most critical injured and orphaned manatees alive.
10.00 **Nicobar Islands: A Monkey's Long Tale** Exploring the Nicobar Islands in the Indian Ocean, the last remaining windows into the primeval past of tropical islands.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Experts and scientists explain how the planet journeys through the Milky Way. **7.00** Exploring the problems with proving or disproving the existence of aliens. **8.00** The moon's incredible, violent and dynamic history.
9.00 **HMS Ark Royal** The ship's crew prepares for a royal visitor. **10.00** The aircraft carrier heads for Nova Scotia with a busy schedule, including a visit from David Cameron. **11.00** The crew prepare for the Royal Canadian Navy's centenary celebrations.
12.00 M'T **Blowing Up History: Seven Wonders** Investigating new evidence uncovered from the Valley of the Kings.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Two Ronnies**
1.30 PM **The Two Ronnies**
7.40 **The Two Ronnies** Vintage comedy from Messrs Barker and Corbett, featuring Pan's People and Dana. **8.30** More madcap hilarity with the comedy duo, including dance from Pan's People. **9.30** Vintage comedy sketches, including Psychiatrist, Johnny Be Good, Boffo, Onedin Line and Auditions. Plus, a guest spot by Pan's People. **10.20** Vintage comedy from Messrs Barker and Corbett, with music by Thelma Houston. **11.10** Alan Price and Georgie Fame guest on the vintage comedy show, starring Messrs Barker and Corbett.
12.00 M'T **The Two Ronnies**
4.55 **My Kind of Town** Presenter Ian Hamilton finds out about Cumnock's ambition to become Scotland's first green town. **5.20 to 6.00** AM Ian Hamilton visits Shotts, North Lanarkshire.

+1 hour 266 376

ID

154 141 166

8.00 AM **Til Death Do Us Part**
10.00 **Breaking Homicide**
12.00 NOON **Who Killed Jane Doe?**
2.00 PM **Murder in the Heartland**
4.00 **The Killer in My Family**
6.00 **The Perfect Murder** A campus worker at a school in California finds a body on the tennis court. **7.00** The fatal shooting of 27-year-old Jarrod Davidson.
8.00 **Nightmare Next Door** The fatal shooting of successful entrepreneur John Kowalczyk.
9.00 **911: Did the Killer Call?** After woman falls to her death in the Rockies, her husband calls 911. The police must find out whether her death was really an accident or whether she was pushed.
10.00 **Body Cam** An Ohio officer fights for his life when a suspect overpowers him.
11.00 **The Curious Case of...**
12.00 M'T **Sin City Justice**
2.00 AM **Love Kills**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Fifth Gear Recharged**
8.00 **Fifth Gear**
10.00 **FourWheeler**
11.00 **Goblin Works Garage**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Texas Metal** 2/2. Bill and the gang are back under the hood of the 2018 Camaro ZL1. **6.00** Bill's neighbour hands over the rusty shell of a 1952 Ford F4 milk truck, and the team use their skills to turn it into a dazzling diesel street rod. **7.00** A 1940 International Harvester water truck is turned into a mobile barbecue pit.
8.00 **Garage Squad** A 1969 Camaro tries to make a comeback after 27 years on blocks. **9.00** A family tries to save their grandfather's cherished 1950 Ford F3 pickup truck. **10.00** The squad work on a 1968 GTO that has been sitting in a garage for over 20 years.
11.00 **Shed and Buried**
1.00 AM **Fifth Gear Recharged**
3.00 **to 5.00** AM **Fifth Gear**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.50 AM **A Minecraft Movie** Fantasy starring Jack Black. (2025, PG, 101min) ★★★
8.35 **PREMIERE Borderline**
10.20 **Nuremberg** As 8.00pm.
12.50 PM **28 Years Later** (2025)
2.50 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. (2024, 12, 169min) ★★★
5.40 **Sinners** Horror thriller starring Michael B Jordan. (2025, 15, 132min) ★★★★

8.00 Nuremberg

8.00 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon, Colin Hanks, Leo Woodall and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 28 Years Later Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **PREMIERE Borderline** Comedy thriller with Samara Weaving. (2025, 15, 94min) ★★★ *See review, page 23.*
2.15 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
4.00 **The Phoenician Scheme** Wes Anderson's offbeat comedy. (2025, 15, 101min) ★★★
5.45 **to 6.45** AM **Sky Cinema Preview**

Sky Cinema Science Fiction

303 303 403 503 517

6.35 AM **2012** Epic disaster movie. (2009, 12, 158min) ★★★
9.15 **Back to the Future Part III** Fantasy comedy sequel. (1990, PG, 112min) ★★★★
11.15 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
1.10 PM **The Matrix** Sci-fi thriller. (1999, 15, 136min) ★★★★
3.30 **The Matrix Reloaded** Thriller. (2003, 15, 137min) ★★★★
5.50 **The Matrix Revolutions** Thriller. (2003, 15, 129min) ★★★

1.10 The Matrix

8.00 The Matrix: Resurrections Sci-fi action thriller sequel starring Keanu Reeves. To find out if his reality is a physical or mental construct, Mr Anderson – aka Neo – has to choose to follow the white rabbit once more. (2021, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Mad Max: Fury Road Sci-fi thriller starring Tom Hardy. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Blade** Adventure chiller. (1998, 18, 121min) ★★★
2.50 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment. (2001, 12, 145min) ★★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.15 AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
7.30 **The Good Half** As 2.45am.
9.20 **Babylon** As 5.25am.
11.10 **Black Dog** Chinese drama. (2024, 12, 110min) ★★★
1.15 PM **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
3.05 **I, Tonya** Biopic starring Margot Robbie and Allison Janney. (2017, 15, 119min) ★★★★
5.15 **Empire of the Sun** Steven Spielberg's epic drama. (1987, PG, 152min) ★★★★
8.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey. A man diagnosed with HIV sets up an organisation to smuggle drugs for treating the condition into the US. (2013, 15, 114min) ★★★★
10.00 **Molly's Game** Fact-based drama starring Jessica Chastain, Idris Elba and Kevin Costner. (2017, 15, 137min) ★★★★
12.25 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
2.45 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
4.25 **Sky Cinema Preview**
5.25 **to 7.05** AM **Babylon** Ground-breaking British drama. (1980, 15, 94min) ★★★

Sky Cinema Horror

311 311 411 511 525

7.25 AM **47 Metres Down** (2017)
9.00 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
10.50 **Annabelle** Horror thriller. (2014, 15, 97min) ★★
12.35 PM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
2.30 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
4.30 **47 Metres Down** Horror. (2017, 15, 89min) ★★★
6.05 **Opus** Thriller with Ayo Edebiri. (2025, 15, 104min) ★★★★
8.00 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. (2017, 15, 104min) ★★★★★
9.45 **The Shining** Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★
12.10 AM **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
1.50 **Out of Darkness** Prehistoric horror with Iola Evans. Subtitled. (2022, 15, 88min) ★★★
3.25 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
5.00 **to 6.45** AM **There's Something in the Barn** Festive horror comedy. (2023, 15, 100min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.00 AM **Karate Kid: Legends**
8.45 **Journey to the Center of the Earth** (2008, PG) ★★
10.25 **Stardust** As 9.50pm.
12.35 PM **The Last Airbender** Fantasy. (2010, PG) ★★
2.20 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
4.15 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
6.00 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★

9.50 Stardust

8.05 Karate Kid: Legends Martial arts drama sequel starring Jackie Chan, Ben Wang and Ralph Macchio. A kung fu prodigy embarks on a journey to enter the ultimate karate competition. (2025, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Stardust Fantasy comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Ride On** Chinese action drama starring Jackie Chan. (2023, PG, 126min) ★★★
2.15 AM **The Cat in the Hat** Comic fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
3.50 **to 6.15** AM **The Wiz** Motown musical updating of *The Wizard of Oz*. (1978, U, 133min) ★★

Sky Cinema Action

307 307 407 507 521

7.15 AM **The Dark Tower** Fantasy. (2017, 12, 95min) ★★
9.00 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
11.10 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★
1.40 PM **Jurassic Park** Thriller. (1993, PG, 127min) ★★★★★
3.50 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★

5.50 The Fall Guy

8.00 Black Hawk Down Director Ridley Scott's war drama based on the catastrophic US military action in Somalia in 1993, starring Josh Hartnett, Ewan McGregor and Tom Sizemore. (2001, 15, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Spider-Man 3 Fantasy sequel starring Tobey Maguire. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. (2012, 12, 136min) ★★★
3.15 **The Amazing Spider-Man 2** Fantasy adventure sequel. (2014, 12, 142min) ★★★
5.40 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Talladega Nights: The Ballad of Ricky Bobby** Action comedy. (2006, 15) ★★★★
9.05 **Alfie** (2004, 15) ★★★
11.05 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
1.20 PM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
3.05 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
4.40 **Kangaroo Jack** (2003, PG) ★
6.15 **Role Models** Comedy. (2008, 15, 99min) ★★★★

8.00 Jackass Presents...

8.00 Jackass Presents: Bad Grandpa Slapstick road movie comedy starring Johnny Knoxville and Jackson Nicoll. A wayward 86-year-old man and his grandson embark on a chaotic cross-country trip. (2013, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Jackass Presents: Bad Grandpa .5 Compilation of additional footage from the hidden camera comedy about an elderly man taking his grandson on a road trip. Stars Johnny Knoxville. (2014, 15, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Mean Machine** Sports drama. (2001, 15, 99min) ★★
1.15 AM **Code 3** Action comedy. (2025, 15, 104min) ★★★★
3.05 **Kingpin** Crude comedy. (1996, 12, 114min) ★★★
5.05 **to 7.05** AM **Alfie** Comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.25 AM **Amongst the Wolves** Thriller. (2024, 15) ★★★
8.10 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
10.10 **The Godfather** Gangster epic. (1971, 15, 167min) ★★★★★
1.10 PM **The Godfather Part II** Epic gangster drama sequel. (1974, 18, 200min) ★★★★★
4.35 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
6.20 **Drop** Thriller with Meghann Fahy. (2025, 15, 95min) ★★★★

6.20 Drop

8.00 The Equalizer Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csoka. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 The Equalizer 2 Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Ashton Sanders and Orson Bean. (2018, 15, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro, Jason Patric, Dustin Hoffman and Brad Pitt. (1996, 18, 146min) ★★★
3.20 **to 6.50** AM **The Godfather Part II** As shown at 1.10pm.

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Jingle All the Way** Family action comedy. (1996, PG, 89min) ★★★
12.45 PM **Patrick** Family comedy. (2018, PG, 94min) ★★★
2.40 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
4.45 **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
6.50 **I, Robot** Sci-fi thriller with Will Smith and Bridget Moynahan. (2004, 12, 115min) ★★★★

9.00 The Adjustment Bureau

I, Robot (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Adjustment Bureau Romantic sci-fi thriller starring Matt Damon and Emily Blunt. A New York politician discovers a shadowy organisation pulling the world's levers after falling for a beautiful dancer. With Anthony Mackie and John Slattery. (2011, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Pearl** Horror thriller starring Mia Goth. In 1918, a woman on the brink of madness pursues stardom in an attempt to escape the drudgery of life on her parents' farm. (2022, 15, 103min) ★★★★
1.10 **to 3.20** AM **X** Horror starring Mia Goth and Brittany Snow. (2022, 18, 105min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Blockbusters

302 302 402 502 516

7.25 AM **Wallace & Gromit: The Curse of the Were-Rabbit**
9.05 **The Mummy Returns** (2001)
11.15 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★
1.05 PM **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12) ★★★
3.40 **Fast & Furious 5** Action thriller sequel. (2011, 12, 130min) ★★★
5.55 **Uncharted** Action adventure. (2022, 12, 116min) ★★★

8.00 Mission: Impossible – The Final Reckoning Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. (2024, 12, 169min) ★★★
10.50 The Golden Compass Fantasy with Nicole Kidman and Dakota Blue Richards. In a parallel universe, a rebellious young orphan travels to the Arctic on a quest to save a kidnapped friend. (2007, PG, 109min) ★★★

12.55 AM **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★
3.05 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
5.05 **to 6.35** AM **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U) ★★★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Shenandoah** Western. (1965, PG, 101 min) ★★★★
7.45 **Escape to Victory** As 8.00pm.
9.50 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
11.55 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
1.55 PM **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
3.35 **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★

5.50 Cool Hand Luke Prison drama. (1967, 15, 126min) ★★★★★
8.00 Escape to Victory World War Two drama starring Sylvester Stallone and Michael Caine. (1981, PG, 111 min) ★★
10.05 The Godfather Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino, James Caan, Robert Duvall and Diane Keaton. (1971, 15, 167min) ★★★★★

1.00 AM **The Godfather Part II** Director Francis Ford Coppola's epic gangster drama sequel. (1974, 18, 200min) ★★★★★
4.20 **to 7.10** AM **The Godfather Part III** Final chapter of Francis Ford Coppola's grand gangster epic. (1990, 15, 162min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.15 AM **Dog Man** Animation. (2025, U, 89min) ★★★★
8.55 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
10.35 **The Angry Birds Movie 2** Animated sequel. (2019, U) ★★★
12.25 PM **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
2.10 **The Angry Birds Movie** Animation. (2016, U) ★★★

4.00 Madagascar: Escape 2 Africa Animated comedy sequel. (2008, PG, 89min) ★★★
5.40 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
7.25 **Shark Tale** Animated comedy adventure featuring the voices of Will Smith and Robert De Niro. (2004, U, 90min) ★★★★
9.00 **The Adventures of Tintin: The Secret of the Unicorn** Animation with the voices of Jamie Bell and Andy Serkis. (2011, PG, 106min) ★★★★★

10.50 The Garfield Movie Animation featuring the voice of Chris Pratt. (2023, U, 101 min) ★★★
12.40 AM **Trolls** Animated musical. (2016, U, 92min) ★★★
2.25 **Madagascar: Escape 2 Africa**
4.05 **Smallfoot** As 5.40pm.
5.50 **to 7.25** AM **Shark Tale** (2004)

Movies 24

312 313 419

7.00 AM **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★
9.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
11.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
1.00 PM **A Match In Manhattan** Drama. (2024, PG, 90min) ★★
3.00 **The Professional Bridesmaid** Romantic drama starring Hunter King. (2023, PG, 90min) ★★

5.00 Sweeter than Chocolate Comedy. (2023, PG, 84min) ★★
7.00 Love Hacks Romantic drama with Annie Clark and Romaine Waite. (2022, PG, 90min) ★★
9.00 Journey to You Romantic drama starring Erin Cahill and Erik Valdez. A nurse takes her first holiday in years, walking the Camino de Santiago pilgrimage where her parents first met. (2025, PG, 84min) ★★
11.00 Betty's Bad Luck In Love Comedy. (2024, PG, 84min) ★★

1.00 AM **Mystery Island: Winner Takes All** Crime drama. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **Mystery Island: Play for Keeps** Crime drama. (2025, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Look at Life**
6.10 **Mohawk** Western starring Scott Brady. (1956, PG, 79min) ★★
7.45 **What's On TPTV with Noel**
7.55 **The Black Arrow** 1/6. (S2)
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 51/60. (S2)
9.30 **The Roy Rogers Show**
10.00 **Stingray** 7/39. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 5/39. (S1)

11.30 **The Adventures of Robin Hood**
12.00 NOON **Phantom from Space** Thriller. (1953, b/w, U, 73min) ★
1.30 PM **The Painted Smile** Thriller. (1961, PG, 61 min) ★★
2.45 **Hombre** Western adventure. (1966, PG, 111 min) ★★★
4.55 **The Long and the Short and the Tall** World War Two drama. (1960, b/w, PG, 110min) ★★★★
7.00 **Maigret** 3/13. (S3)
8.00 **A Family at War** 15/20. (S3)
9.00 **Maxwell** One-off drama.
10.50 **The World of Hammer**

12.00 M'T **Eurotrash**
12.35 AM **The Appointment** Horror. (1981, 15, 90min) ★★★
2.25 **B Girl Rhapsody**
4.00 **Hook, Line and Sinker**
4.25 **The Adventures of Sir Lancelot**
4.55 **The Roy Rogers Show**
5.30 **to 6.00** AM **Stingray**

SATURDAY Sport 10 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
11.30 **LIVE WSL Arsenal v Manchester United.** The top-flight match at the Emirates Stadium. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
3.30 **LIVE SA20 Joburg Super Kings v MI Cape Town.** Coverage of the match held at Wanderers Stadium, Johannesburg.
7.00 **Gillette Soccer Saturday Fan Zone** Post-match reaction following the afternoon's football matches across the country.
8.00 **Match Centre** A preview of the weekend's biggest games.
9.30 **LIVE NFL** Coverage of the first Wild Card play-off match, as the teams compete for a place in the Divisional play-off round.
1.00 AM **LIVE NFL** Coverage of the second Wild Card play-off match, as the teams compete for a place in the Divisional play-off round.
4.30 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League Review**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **Premier League One on One**
11.30 **Premier League Stories**
12.00 NOON **Gillette Soccer Saturday: Build-Up**
3.00 PM **Gillette Soccer Saturday**
5.00 **The Big Interview**
5.30 **Premier League Stories**
6.00 **Premier League Review**
7.00 **Netbusters** Highlights from the 21st round of fixtures.
7.30 **Transfer 360** Delving into the transfers of Alan Shearer.
8.00 John Hartson to Celtic.
8.30 Emmanuel Adebayor from Arsenal to Manchester City.
9.00 Sol Campbell to Arsenal.
9.30 David Ginola to Newcastle.
10.00 Robbie Fowler to Leeds.
10.30 **Netbusters** Recent action.
11.00 **Premier League Years** A look back at the 1998/99 season.
1.00 AM **PL Retro** Manchester United v Manchester City from 2009/10.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **SPFL Highlights**
6.15 **EFL Cup Retro** The 2009 final.
9.00 **EFL Cup Highlights**
10.00 **Saturday Social**
11.00 **Craig Brown: My Scotland**
11.30 **LIVE WSL Arsenal v Manchester United.** The top-flight match at the Emirates Stadium. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
5.20 **LIVE Bundesliga Bayer Leverkusen v VfB Stuttgart.** Coverage of the German top-flight match staged at BayArena. Kick-off **5.30pm**.
7.30 **150 Years of the Edinburgh Derby** Hearts v Hibernian.
8.30 **WSL** Arsenal v Man United.
9.00 **EFL Cup Highlights**
10.00 **WSL** Arsenal v Man United staged at Emirates Stadium.
10.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **There's Only One Sauzee**
2.30 **Dundee United: Champions 83**
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Big Bash League Brisbane Heat v Sydney Thunder.** From the Gabba.
8.10 **LIVE Big Bash League Melbourne Renegades v Melbourne Stars.** Coverage of the T20 game at Marvel Stadium.
11.30 **LIVE SA20 Paarl Royals v Pretoria Capitals.** Coverage of the match staged at Boland Park.
2.30 PM **Best of Sky Cricket**
2.40 **Atherton Lord's Pavilion Portraits**
2.45 **Best of ICC WT20**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Joburg Super Kings v MI Cape Town.** Coverage of the match held at Wanderers Stadium, Johannesburg.
7.00 **Big Bash League**
9.00 **SA20** Highlights from Paarl Royals v Pretoria Capitals.
10.00 Highlights from Joburg Super Kings v MI Cape Town.
11.00 **WPL** Recent action.
1.00 AM **Big Bash League**
3.00 **to 6.00** AM **LIVE Big Bash League Sydney Sixers v Hobart Hurricanes.** The T20 match at Sydney Cricket Ground.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
11.00 **DP World Tour Golf**
4.00 PM **Junior Golf** Highlights from the 2025 Justin Rose Telegraph Junior Golf Championship.
4.30 **PGA Tour Golf** Day four of the 2025 Travelers Championship.
11.00 **Rory's 2025** A look at a year in the career of the newly minted Grand Slam champion Rory McIlroy, who finally ended his wait for an illustrious Green Jacket.
12.30 AM **PGA Championship Golf** Action from the fourth day of the second Major of 2025 staged at Quail Hollow Club in Charlotte.
1.30 **US Open Golf** Highlights from day four of the 2025 Major.
2.30 **The Open** Action from 2025.
3.30 **DP World Tour Golf**
4.00 **Chronicles of a Champion Golfer** Profiles of leading players.
5.00 **to 6.00** AM **Open Zone**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **ATP Tennis** Geneva Open.
1.15 **WTA Tennis** Wuhan Open final.
1.30 **ATP Tennis** Adelaide International.
2.30 **WTA Tennis** Recent finals.
4.30 **WTA & ATP Tennis** Action from the WTA and ATP Tours.
10.30 **ATP Tennis** The 2025 ATP Adelaide International final.
11.30 **WTA & ATP Tennis**
4.00 **to 6.00** AM **LIVE WTA Tennis** Coverage of the WTA Auckland Open final, a hard-court tournament at the ASB Tennis Centre in Auckland, New Zealand.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Isuzu UTE A-League Melbourne Victory v Western Sydney Wanderers.**
8.00 **Premier League Netbusters**
8.30 **LIVE Isuzu UTE A-League Macarthur FC v Sydney FC.**
10.30 **The Breakdown**
11.00 **LIVE Emirates FA Cup Macclesfield v Crystal Palace.** Coverage of the third-round tie at Leasing.com Stadium. Kick-off **12.15pm**. *See feature, page 28.*
3.00 PM **Emirates FA Cup Goals**
5.30 **LIVE Emirates FA Cup Tottenham Hotspur v Aston Villa.** The third-round tie. Kick-off is at **5.45pm**. *See feature, page 28.*
7.45 **LIVE Emirates FA Cup Charlton Athletic v Chelsea.** Coverage of the third-round tie from the Valley. Kick-off **8.00pm**. *See feature, page 28.*
10.30 **Livigno: Oltre la Neve**
11.30 **Premier League Netbusters**
12.00 M'T **The Edge** Fifth Ashes Test.
1.00 AM **The Breakdown**
1.30 **The Gruppetto** Cycling action.
2.00 **UFC** A review of 2025.
3.00 **Roll the Tape** Ronnie O'Sullivan.
4.00 **Ultimate Pool** Recent action.
5.30 **to 6.00** AM **The Breakdown**

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE T20 Super Smash** Coverage from New Zealand's domestic cricket competition.
8.15 **LIVE IBSF World Cup** Coverage of the first heat of the Women's Monobob in St Moritz-Celerina, Switzerland.
9.00 **Serie A – Full Impact**
9.30 **LIVE IBSF World Cup** The second heat of the Women's Monobob in St Moritz-Celerina.
10.30 **The Pioneers** Thierry Henry.
10.45 **Inside Serie A**
11.15 **Sign Up – Into Football**
12.00 NOON **Emirates FA Cup Goals**
5.45 PM **LIVE Emirates FA Cup Tottenham Hotspur v Aston Villa.** Coverage of the third-round tie from Tottenham Hotspur Stadium. Kick-off **5.45pm**.
8.00 **The Edge** The fifth Ashes Test.
9.00 **UFC** A review of 2025.
10.00 **Serie A** AS Roma v Sassuolo.
11.00 **Isuzu UTE A-League**
12.00 M'T **Isuzu UTE A-League**
2.00 AM **LIVE Isuzu UTE A-League Wellington Phoenix v Adelaide United.** From Sky Stadium. Kick-off **2.00am**.
4.00 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **49 Hours** San Francisco 49ers.
7.15 **NFL Bitesize Highlights**
8.00 **NFL Gameday**
8.45 **NFL Bitesize Highlights**
9.00 **NFL Highlights**
1.00 PM **NFL Bitesize Highlights**
2.00 **NFL Highlights**
5.00 **NFL Gameday**
9.30 **LIVE NFL** Coverage of the first Wild Card play-off match, as the teams compete for a place in the Divisional play-off round. The Houston Texans claimed a 32-12 win over the Los Angeles Chargers in the corresponding match last season, which set up a clash against the Kansas City Chiefs.
1.00 AM **LIVE NFL** Coverage of the second Wild Card play-off match, as the teams compete for a place in the Divisional play-off round. The Baltimore Ravens made the best of their home field advantage in the second Wild Card play-off last season, as they claimed a 28-14 win over the Pittsburgh Steelers to progress to the next round.
4.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
11.30 **Soccer Saturday Pre-Match**
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
12.20 PM **LIVE EFL Luton Town v Stevenage.** Coverage of the League One match at Kenilworth Road. Chem Campbell and Jordan Roberts both scored in the second half to give The Boro a 2-0 win in the reverse fixture last October, which at the time sent them to the top of the table. Kick-off **12.30pm**.
2.30 **Gillette Soccer Saturday: Build-Up** Pre-match analysis.
3.00 **Gillette Soccer Saturday**
6.00 **Gillette Labs Soccer Saturday Fan Zone** Post-match reaction.
8.00 **Match Centre**
10.00 **Sky Sports Catch Up**
2.00 AM **World Darts Championship**
4.00 **to 6.00** AM **LIVE WTA Tennis** Coverage of the WTA Auckland Open final, a hard-court tournament at the ASB Tennis Centre in Auckland, New Zealand.

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
7.00 **SA20** Recent action.
8.00 **NFL Highlights**
9.50 **LIVE WPL UP Warriorz v Gujarat Giants.** Coverage of the women's T20 match staged at DY Patil Stadium in Navi Mumbai.
1.30 PM **Best of Sky Cricket**
1.40 **Best of Jimmy Anderson: 500th Wicket** From 2017.
1.50 **LIVE WPL Mumbai Indians v Delhi Capitals.** Coverage of the women's T20 match staged at DY Patil Stadium in Navi Mumbai.
5.30 **PL Greatest Games**
6.00 **World Darts Championship** Highlights of the semi-finals and final at Alexandra Palace, London.
8.00 **NFL Highlights**
10.00 **PL Retro** West Ham United v Tottenham Hotspur in 2006/07.
12.00 M'T **US Open Golf**
1.00 AM **Big Bash League**
3.00 **EFL Greatest Games**
4.00 **Formula 1** Abu Dhabi Grand Prix.
5.30 **to 6.00** AM **NFL Bitesize Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE A-League Women Newcastle Jets v Central Coast Mariners.** Kick-off **6.00am**.
8.00 **Emirates FA Cup**
9.00 **TNT Sports Reload**
9.15 **LIVE Alpine Skiing** Coverage from Adelboden, Switzerland.
10.30 **LIVE Alpine Skiing** In Austria.
12.15 PM **LIVE Alpine Skiing** Further coverage from Adelboden.
1.30 **LIVE Biathlon** From Oberhof.
2.45 **LIVE Luge** From Winterberg.
3.30 **Sign Up – Into Football**
4.15 **Inside Serie A** The latest news.
4.45 **LIVE Serie A AS Roma v Sassuolo.** Kick-off **5.00pm**.
7.00 **LIVE Formula E** Coverage of the Mexico City E-Prix second race.
9.30 **Formula E Flashback**
10.00 **Fishing: On the Bank**
11.00 **Emirates FA Cup**
2.00 AM **The Edge** Fifth Ashes Test.
3.00 **Formula E Highlights**
5.00 **to 6.00** AM **Fishing**

TNT Sports 4

414 416 524 411 434

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **Serie A – Full Impact**
7.30 **The Monuments**
8.00 **Inside Serie A**
8.30 **LIVE Nordic Combined Skiing**
9.15 **TNT Sports Reload**
9.30 **LIVE Nordic Combined Skiing**
10.15 **The Gruppetto** Cycling news.
10.45 **LIVE Biathlon** From Oberhof.
11.45 **TNT Sports Reload**
12.00 NOON **LIVE IBSF World Cup** Coverage from St Moritz-Celerina.
1.00 PM **TNT Sports Cricket Reload**
1.30 **LIVE IBSF World Cup**
2.30 **The Monuments**
3.00 **LIVE Ski Jumping** In Zakopane.
5.00 **TNT Sports Cricket Reload**
5.30 **Isuzu UTE A-League**
8.30 **Dakar Rally Saudi Arabia**
9.30 **Skiing Highlights**
12.00 M'T **Ultimate Pool**
1.30 AM **Premier League Legends**
2.30 **Skiing Highlights**
5.00 **to 6.00** AM **The Edge**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
7.00 **Transworld Sport** Magazine.
8.00 **Asian Le Mans Series**
9.00 **The Rugby Pod**
10.30 **Champions Cup**
12.30 PM **LIVE Champions Cup Bulls v Bristol Bears.** The Pool Four match. Kick-off **1.00pm**.
3.00 **LIVE Champions Cup Clermont Auvergne v Glasgow Warriors.** Kick-off **3.15pm**.
5.15 **LIVE Champions Cup Leinster v La Rochelle.** Pool Three match at Aviva Stadium. Kick-off **5.30pm**.
7.45 **LIVE Champions Cup Leicester Tigers v Bayonne.** The Pool Three match. Kick-off **8.00pm**.
10.30 **URC in 60** The ninth round.
11.30 **LaLiga** A match replay.
1.30 AM **Sporting Countdowns**
2.00 **NHL Tonight** Top 20 wingers.
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Edmonton Oilers v Los Angeles Kings.** From Rogers Place. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **NHL Ice Hockey**
10.00 **Bike World** Magazine.
10.30 **FastZone** Motorsports highlights.
11.00 **Champions Cup**
12.55 PM **LIVE Challenge Cup Newcastle Red Bulls v USAP.** Pool Two game. Kick-off **1.00pm**.
3.00 **LIVE Challenge Cup Cardiff v Racing 92.** Coverage of the Pool Three match. Kick-off **3.15pm**.
5.15 **LIVE Champions Cup Sale Sharks v Sharks.** The Pool One fixture. Kick-off **5.30pm**.
7.45 **LIVE Champions Cup Scarlets v Pau.** The Pool Four match at Parc y Scarlets. Kick-off **8.00pm**.
10.30 **Temples of Sport**
11.00 **NHL on the Fly**
12.00 M'T **LIVE NHL Ice Hockey Philadelphia Flyers v Tampa Bay Lightning.** Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **Champions Cup**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
7.00 **Formula 1** Australian Grand Prix.
9.30 The Chinese Grand Prix.
11.45 The Bahrain Grand Prix.
2.05 PM Highlights from the 2025 Saudi Arabian Grand Prix.
4.15 **Formula 1** Miami Grand Prix.
6.30 The Monaco Grand Prix.
9.00 The Spanish Grand Prix.
11.15 **Brad Pitt Drives a McLaren**
11.30 **Ted Drives: Part 1 – Training**
11.55 **F1 Explained: Pit Lane Battle**
12.00 M'T **to 6.00** AM **The Best of F1 2025**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

11 January

Evening Planner

Football

FA Cup: Third Round

TNT Sports & Discovery+

Including Derby County v Leeds United, Portsmouth v Arsenal, West Ham v QPR and Hull City v Blackburn Rovers.

Snooker

The Masters

BBC2, BBC4 & TNT Sports, from 12.45pm

Day one of the event from Alexandra Palace, with defending champion Shaun Murphy (above) facing China's Wu Yize.

Drama

Call the Midwife

BBC1, 8pm

Following on from the Christmas special in Hong Kong, we're back in Poplar, with the nurses fighting for women's rights.

OnDemand

itvX

Grosse Pointe Garden Society

Available today

AnnaSophia Robb stars in this drama about members of a gardening club digging into a murder mystery.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 The Night Manager		10.00 News	10.30 Match of the...
	102 BBC2	7.00 Top Gear		8.00 Pilgrimage with Simon Reeve		9.00 The Million Pound Shaman Scam		10.00 Film: Saving Private Ryan	
	103 ITV1	7.00 The Floor		8.00 Ant & Dec's Limitless Win		9.00 Red Eye			10.15 Film: Bad Boys II
	104 CHANNEL 4	‹ 6.45 Inside the World's Most...	7.45 The Great Pottery Throw Down			9.00 Celebrity SAS: Who Dares Wins		10.00 First Dates Beach Club	
	105 5	‹ 5.30 NFL Big Game Night – Live: Coverage of the third Wild Card play-off match					9.30 Britain's Favourite Ads of the 70s & 80s		
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own: Mexican...		9.00 Evil			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 The Traitors			
	116 BBC4	7.00 Snooker: The Masters – Live: Mark Selby v Xiao Guodong						10.00 Shackleton's Cabin	
	118 ITV2	‹ 6.05 Film: Johnny English Strikes Again		8.00 Film: Jurassic World: Fallen Kingdom					10.25 Family Guy
	136 MORE4	‹ 6.50 Four in a Bed	7.55 The Dog House			9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	‹ 5.50 Film: The Lost City		8.00 The Simpsons		9.00 Film: Prey			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones							
	110 U&GOLD	7.00 Only Fools and Horses							
	111 U&DAVE	‹ 6.45 Mortimer & Whitehouse: Gone Fishing		8.00 Guy Martin: Proper Jobs		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	‹ 6.40 Film: Dr No				9.00 Film: Rambo: First Blood Part II			
	112 COMEDY CENTRAL	7.00 Film: 3 Men and a Baby				9.00 Film: Big Trouble in Little China			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	113 SKY MAX	7.00 Fear the Walking Dead				9.00 Evil			
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Return to Paradise			9.20 Death in Paradise		
	124 SKY ARTS	‹ 5.15 Film: Sunset...	7.30 Discovering Westerns on Film			9.00 Film: A Fistful of Dollars			
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners: Master Distiller						10.00 Mud Madness	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Book of Noah		10.00 Tanked	
	129 NAT GEO	7.00 Lost Treasures of Rome		8.00 Titanic: Case Closed				10.00 Drain the Titanic: A Ship Reborn	
	123 SKY HISTORY	7.00 WWII's Most Daring Raids				9.00 The Jewish Nazi?			
	155 U&YESTERDAY	7.00 Attenborough's Wonder of Song		8.00 Joanna Lumley's Silk Road Adventure		9.00 Incredible Journeys with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	‹ 5.00 Stevie Van Zandt: Disciple		8.00 Film: Touching the Void				10.00 Tony Hawk: Until the Wheels Fall Off	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 28 Years Later		8.00 Nuremberg					10.30 Borderline
	302 BLOCKBUSTERS	‹ 5.20 The Hobbit: The Desolation of Smaug		8.00 The Hobbit: The Battle of the Five Armies					10.35 Gladiator II
	303 SCIENCE FICTION	‹ 6.30 Men in Black II		8.00 Men in Black 3			9.50 A.I. Artificial Intelligence		
	304 GREATS	‹ 5.40 Godzilla		8.00 The Mummy				10.05 Robin Hood: Prince of Thieves	
	305 ANIMATION	‹ 5.45 Turbo	7.30 The Wild Robot				9.20 Shrek		
	306 FAMILY	‹ 6.00 Peter Rabbit	7.50 The BFG					10.00 Blithe Spirit	
	307 ACTION	‹ 6.05 Birds Of Prey And The Fantabulous...		8.00 Jurassic Park III			9.45 The Fall Guy		
	308 COMEDY	‹ 6.00 How to Lose a Guy in 10 Days		8.00 Yesterday				10.00 Alfie	
	309 THRILLER	‹ 6.15 Eye in the Sky		8.00 Snatch				10.00 Sleepers	
	310 DRAMA	‹ 5.50 P.S. I Love You		8.00 Valentine's Day				10.05 Jerry Maguire	
	311 HORROR	‹ 5.40 It		8.00 A Quiet Place			9.45 A Quiet Place: Day One		
	313 FILM4	‹ 6.55 The Greatest Showman				9.00 The Equalizer 2			
SPORT	401 MAIN EVENT	‹ 6.45 NFL – Live: Coverage of the third and fourth Wild Card play-off match							
	402 PREMIER LEAGUE	‹ 3.00 Baller League – Live		8.00 PL Review		9.00 PL Stories	9.30 Big Interview	10.00 Cult Heroes	
	403 FOOTBALL	7.00 WSL	7.30 EFL Goals		8.30 EFL Cup Highlights		9.30 WSL		10.30 SPFL Highlights
	405 CRICKET	7.00 SA20		8.00 WPL		9.00 Big Bash League		10.00 SA20	
	410 TNT SPORTS 1	7.00 Spanish Super Cup – Live: Coverage of the final (Kick-off 7.00)					9.30 Dakar Rally Saudi Arabia		10.30 Reload
	411 TNT SPORTS 2	‹ 6.30 Serie A	7.30 Serie A – Live: Inter Milan v Napoli (Kick-off 7.45)					10.00 One Day International Cricket	

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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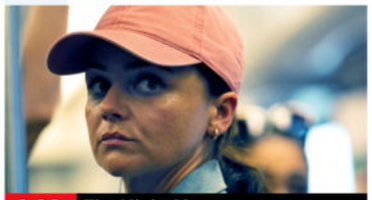
Sunday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
7.30 **Match of the Day: FA Cup** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Money for Nothing** (S)(R)(AD)
2.50 **FILM Wonder** Family drama starring Jacob Tremblay, Julia Roberts and Owen Wilson. A boy with a rare genetic condition struggles to fit in at school. (S) (2017, PG, 105min) ★★★★
4.35 **Frozen Planet II** Highlights from the series, journeying from the Arctic to the Antarctic. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)



9.00 The Night Manager

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.05 AM **Take a Hike** (S)(R)
6.35 **Countryfile** (S)(R)
7.30 **Breakfast** (S)
9.00 **My Kind of Town** New editions (S)
10.00 **Saturday Kitchen Best Bites** New edition With Grace Dent. (S)
11.30 **Mary Berry: Love to Cook** Recipes include a Nordic seeded loaf and a delicious twist to a much loved classic. (S)(R)(AD)
12.00 NOON **Rick Stein's Australia** 1/6. Rick embarks on a road trip through Australia. (S)(R)(AD)
1.00 PM **LIVE Snooker: The Masters** Shaun Murphy v Wu Yize: Hazel Irvine presents coverage of the opening first-round match from Alexandra Palace in London. (S)
■ More coverage on BBC4, 7pm
5.15 **Ski Sunday** The latest news and action from the piste. (S)

10.00 Saving Private Ryan

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Saturday Morning** With James Nesbitt. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.25 **Tour de Fred: Ireland – Part Deux** New edition (S)
12.25 PM **Talking Royals** New edition (S)
12.55 **ITV News** (S)
1.05 **Prue Leith's Cotswold Kitchen** With chef Tom Kerridge. (S)(R)
2.05 **Ainsley's Taste of the Bahamas** 2/10. Homegrown produce. (S)(R)
2.40 **FILM Big** Age-reversal comedy starring Tom Hanks. (S)(AD) (1988, PG, 115min) ★★★★★
4.35 **Wheel of Fortune** (S)(R)(AD)
5.35 **ITV News** (S)
5.50 **Local News** (S)

8.00 Ant & Dec's Limitless Win

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

5.55 AM **The King of Queens** (S)(R)(AD)
7.35 **Everybody Loves Raymond** (S)(R)
8.55 **Frasier** 23&24/24. (S7) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Malachi Kirby, Bridget Christie, Alfred Enoch and Russell Howard. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
3.00 **A Place in the Sun** Leah Charles-King helps a couple to find a property in Gran Alacant, Spain, on a budget of £100,000. (S)(R)
4.00 Danni Menzies comes to the aid of a couple looking for a home on Spain's Costa del Sol. (S)(R)
4.45 **2025: The Year from Space** News archive, witness testimony, user-generated material and expert analysis supplement the unseen story of 2025, as illustrated by satellites above. (S)(R)(AD)

7.45 The Great Pottery Thrown Down

6 PM

6.00 Countryfile New edition Matt Baker and Margherita Taylor explore the landscapes of Northumberland, while Tom Heap investigates calls for greater public access to rivers and lakes. (S)

6.00 Digging for Britain 1/6. Alice Roberts and Tori Herridge explore evidence of a bloody massacre in the Highlands, and one of the largest Roman cemeteries ever found in Britain. (S)(R)(AD)

6.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(R)(AD)

6.15 News (S)
6.45 Inside the World's Most Luxurious Hotels New edition Behind the scenes of some of the most spectacular hotels worldwide, including visits to a bean-to-bar chocolate-making experience in St Lucia and Monaco during the Grand Prix. (S)(AD)

7 PM

7.00 Antiques Roadshow Fiona Bruce presents from Pitzhanger Manor and Gallery in Ealing, west London, where items include a royal paintbox and a wartime medal awarded to a carrier pigeon. (S)(R)

7.00 Top Gear Jeremy Clarkson, Richard Hammond and James May build a car that can turn into a hovercraft, and two variants of the Mercedes-Benz SLS AMG are tested. (S)(R)(AD)

7.00 The Floor New edition After a dramatic opening edition, 73 contestants are still standing and host Rob Brydon turns up the pressure as players fight for more squares and a bonus. (S)(AD)

7.45 The Great Pottery Throw Down New edition 2/10. Siobhán McSweeney hosts the pottery challenge, as judges Keith Brymer Jones and Rich Miller put the contestants through their paces. The remaining potters must create a statement pair of bookends and face a surprise brickmaking challenge. (S)(AD)

8 PM

8.00 NEW SERIES Call the Midwife 1/8. Return of the drama. The Nonnatus team are concerned for the welfare of four young children, and Sister Catherine faces her first solo delivery. *See feature, page 12.* (S15) (S)(AD)

8.00 Pilgrimage with Simon Reeve 2/3. Simon investigates ancient routes across Europe that are still in use, trying to find out if modern pilgrims are motivated by religious devotion or a sense of adventure. (S)(R)(AD)

8.00 NEW SERIES Ant & Dec's Limitless Win Father-and-daughter David and Emma take on the challenge that gives contestants a chance to win a limitless jackpot by climbing an endless money ladder. (S)(AD)

9 PM

9.00 The Night Manager New episode 3/6. Pine gains Teddy's trust and secretly finds the proof he needs to connect the Cartagena shipment to covert British intelligence interests. (S2) (S)(AD)

9.00 The Million Pound Shaman Scam Series finale 2/2. Journalist Tim Rayment's investigation unearths shocking revelations about Juliette D'Souza as her victims fight for justice. (S)(AD)

9.00 Red Eye New episode 5/6. Knowing he is the target, Peterson trades himself for the others' release, while Hana recruits Brody to set a trap for Fox. (S2) (S)(AD)
■ Concludes tomorrow

9.00 Celebrity SAS: Who Dares Wins New edition The recruits are hurled into a terrifying escape drill with a single ladder suspended 15 metres up. (S)(AD)
■ Continues tomorrow

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day: FA Cup A round-up of action from the latest third-round ties, including Portsmouth v Arsenal and Manchester United v Brighton & Hove Albion. (S)
11.55 The Women's Football Show Highlights of the weekend's Super League matches, including Arsenal v Manchester United and Manchester City v Everton. (S)
12.45 AM **The Graham Norton Show** With Chris Pratt, Cynthia Erivo, Rob Beckett and Dawn French. Plus, music from Jack Savoretti. (S)(R)
1.35 **Weather for the Week Ahead** (S)
1.40 **to 6.00** AM **BBC News** (S)

10.00 FILM Saving Private Ryan Steven Spielberg's World War Two drama starring Tom Hanks and Matt Damon. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (S)(AD) (1998, 15, 160min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Snooker: The Masters – Extra** Extended highlights of the first-round match between Shaun Murphy and Wu Yize. (S)
2.40 **Sign Zone: The Traitors** 4/12. Breakfast leads to more questions than answers. (S)(R)(AD)
3.40 5/12. The players share their views on the gameplay. (S)(R)(AD)
4.45 **to 6.35** AM **Previews** (S)

10.00 ITV News (S)
10.15 FILM Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union. (S) (2003, 15, 145min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Teleshopping**
3.00 **The Hunting Wives** 4/8. Starr demands that justice be served for Abby's murder, while Jill and Sophie lean on Margo for support. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)

10.00 First Dates Beach Club New edition 7/8. Lauren and Chelsea step out on their first date to a wine tasting, and Sidney meets Judah, who has an unusual way of flirting. (S)(AD)
■ Concludes tomorrow
11.05 The Big Fat Quiz of Telly Harry Hill, Judi Love, Tom Allen, Joanne McNally, Sam Campbell and Susan Wokoma take part. (S)(R)
1.00 AM **FILM 12 Years a Slave** Historical drama starring Chiwetel Ejiofor and Michael Fassbender. (S)(AD) (2013, 15, 130min) ★★★★★
3.10 **Know Your S**t: Inside Our Guts**
4.05 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Sicily: Jewel of the Med** (S)(R)
10.05 **Corfu: Jewel of the Med** (S)(R)
11.00 **Gibraltar: Jewel of the Med** A profile of the peninsula. (S)(R)
12.00 NOON **The Canary Islands with Jane McDonald** (S)(R)
1.55 PM **Coastal Britain with Helen, Jules & JB** Helen Skelton, Jules Hudson and JB Gill explore the UK's coastline. (S)(R)
2.55 In Pembrokeshire, Jules joins Sea Trust Wales to help photograph porpoise as part of vital conservation work. (S)(R)
3.55 **Scotland's Lost Islands with Ben Fogle** Ben visits Scotland's abandoned islands, journeying from Stroma to Swona. (S)(R)
5.25 **News** (S)

5.30 NFL: Big Game Night

5.30 LIVE **NFL: Big Game Night** Dermot O'Leary, Sam Quek and Osi Umenyiora present coverage of the third Wild Card play-off match, as the teams compete for a place in the Divisional play-off round. Tonight's coverage will also feature the 'game within a game' quiz element, whenever the NFL game stops in the US. (S)

9.30 **Britain's Favourite Ads of the 70s & 80s** A celebration of most memorable, funny and sometimes shocking British TV adverts, with industry experts, stars of the ads and social commentators discussing how they were made and their social context. With contributions by Jenny Eclair, Lorraine Chase, Jamie MacDonald, Hal Cruttenden and Darren Harriott. (S)(R)

11.30 **The 1970s: Those Were the Days** 2/2. Documentary. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **World's Most Scenic Railway Journeys** From Scotland. (S)(R)
3.50 **World's Most Scenic River Journeys** The Neretva. (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Stop, Search, Seize** (S)(R)
9.00 **The Office (US)** (S9) (S)(R)
11.00 LIVE **Football: WSL** Manchester City v Everton: The top-flight match at Joie Stadium. Kick-off is at 12.00.
2.30 PM **David Attenborough's Galapagos** 1/3. The broadcaster explores the Galapagos Islands in the Pacific Ocean. (S)(R)
3.30 2/3. The unique species that live in the isolated habitat, including giant whale sharks and marine iguanas. (S)(R)
4.30 3/3. The broadcaster reveals the differences between the 19 islands. (S)(R)
5.30 **The Simpsons** *Fatzcarraldo:* Lisa tries to find a special news story to save her school radio station. (S)(R)

9.00 Evil

6.00 **The Simpsons** *The Cad and the Hat:* Bart's guilt gets the better of him after he betrays Lisa. (S)(R) **6.30** *Kamp Krustier:* Bart and Lisa are forced to return early from Kamp Krustier. (S)(R)

7.00 **The Simpsons** *22 for 30:* Bart becomes involved with the Mafia. (S)(R) **7.30** *Looking for Mr Goodbart:* Bart spends time with Springfield's grandmothers. (S)(R)

8.00 **A League of Their Own: Mexican Road Trip** 1/6. Jamie Redknapp, Mo Gilligan, Jill Scott, Micah Richards and Maisie Adam set out on an adventure around Mexico. (S)(R)(AD)

9.00 **Evil** *3 Stars:* 3/13. When a highly-strung theatre producer starts behaving strangely, Kristen, David and Ben must determine whether it's a demonic possession. (R)

10.00 **Evil** *Rose390:* 4/13. Kristen, Ben and David are hired to evaluate a boy whose parents are convinced he is possessed by a demon. Kristen becomes concerned by her daughters' obsession with a digital game. (S1) (R)

11.00 **Katherine Ryan: First Born Daughter** A stand-up special in which the comedian tackles marital dynamics, motherhood and media scandals. (S)(R)
12.30 AM **The Force: Manchester** (R)
1.30 **Brit Cops: Frontline Crime UK**
3.30 **Monkey Life** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **11.55pm** Sportscene: Premiership Highlights (S)(R) **12.55am** The Women's Football Show (S) **1.45** The Graham Norton Show (S)(R) **2.35** Weather for the Week Ahead (S) **2.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Best of Weatherman Walking (S)(R) **1.50pm** Trace, Track, Get My Car Back (S)(R) **2.20** FILM Wonder (S) (2017, PG, 105min) ★★★★ **4.05** Iolo's River Valleys (S)(R) **4.35** Back in the Day (S)(R) **5.05-5.35pm** Bear Grylls: Wild Reckoning (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Paul Muldoon: Laoithe's Liricí (S)(R) **11.20** Sunday Politics Northern Ireland (S)(R) **11.50** Mortimer & Whitehouse: Gone Fishing (S)(R) **12.20-12.40am** The Chronicles of Armagh (S)(R)

WALES
Sky 968, Freesat 968
6.00pm Weatherman Walking (S)(R) **6.30-7.00pm** Villages by the Sea (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Tywysogion **10.00** Cynefin **11.00** Sain Ffagan **11.35** Dechrau Canu Dechrau Canmol **12.05pm** Pobl Harri Parri **12.40** Cartrefi Cymru **1.10** Y Fets **2.15** Sgorio **4.35** Y Deis **5.05** Cefn Gwlad (AD) **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** Dal y Mellt New episode (AD) **10.00-11.45pm** Clwb Rygbi

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Jean's behaviour causes concern. **7.30** Nicola has a plan for revenge, and Alfie tries to handle a difficult situation. **8.00** Ravi is thrown into a dangerous situation, and Linda attends a reunion. **8.30** Priya, Vinny and Nugget search for Ravi.
9.00 **The Traitors** 4/12. The players arrive to a breakfast that leads to more questions than answers.
10.00 **The Traitors** 5/12. Following a sleepless night, the players arrive at breakfast eager to share their thoughts on the Traitors' gameplay.
11.05 **The Traitors** 6/12. As the game reaches the half-way point, it remains to be seen whether the Faithfuls are successfully inching closer to uncovering the Traitors.
12.10 AM **The Traitors: Uncloaked** Triple bill.
1.40 **Top Gear Patagonia Special** Double bill.
3.50 **to 4.00** AM **Press X on the BBC**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM LIVE **Snooker: The Masters** Mark Selby v Xiao Guodong: Seema Jaswal presents coverage of the second first-round match from Alexandra Palace in London, played over the best of 11 frames.
10.00 **Shackleton's Cabin** Documentary following Sven Habermann as he restores the ship's cabin in which Co Kildare-born explorer Ernest Shackleton died following a heart attack in 1922.
10.50 **Timeshift: Of Ice and Men** How the frozen continent of Antarctica has captured the imagination of explorers, scientists, artists and writers. With contributions by Ranulph Fiennes, Sara Wheeler and Francis Spufford.
11.50 **Horizon: Antarctica Ice Station Rescue**
12.50 AM **Yellowstone: The Wildest Winter**
1.50 **Shackleton's Cabin**
2.40 **to 3.40** AM **Timeshift: Of Ice and Men**

MORE4

136/137 127 147 18 124 15

8.55 AM **Come Dine with Me**
11.35 **A Place in the Sun**
3.05 PM **George Clarke's Beautiful Builds**
4.10 **George Clarke's Remarkable Renovations**
5.10 **Four in a Bed** The first venue of the week is The Plough Inn in Ripple, Kent. **5.45** The second visit is to The Old Crown Coaching Inn in Faringdon, Oxfordshire. **6.15** The third visit of the week is to The Courthouse in Great Bromley, Essex.
6.50 **Four in a Bed** The final destination of the week is Samsara Retreat in Kent. **7.20** Payment Day arrives.
7.55 **The Dog House** Three-legged labrador Dave seeks a new best friend, and his owners Laura and Paul hope that Luna, a nervous saluki, will win Dave over.
9.00 **999: On the Front Line** Paramedics are called to a custody suite in Birmingham to deal with an aggressive and abusive prisoner.
10.00 **24 Hours in A&E** A man arrives in resus with suspected internal bleeding after crashing his car into a wall at high speed.
11.00 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Medical documentary.
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.15 **Rude(ish) Tube Shorts**
7.30 FILM **Tad the Lost Explorer and the Curse of the Mummy** Animation. (2022, PG, 90min) ★★★
9.15 **Modern Family**
10.20 **Don't Tell the Bride**
11.20 **Ramsay's Kitchen Nightmares USA**
3.20 PM **The Simpsons**
5.50 FILM **The Lost City** Comedy adventure starring Sandra Bullock and Channing Tatum. (2022, 12, 112min) ★★★★
8.00 **The Simpsons** New episodes *Treehouse of Horror XXXV:* Springfield is threatened by giant political rage monsters. **8.30** *Women in Shorts:* The women of Springfield are featured in short stories.
9.00 FILM **Prey** Sci-fi thriller starring Amber Midthunder and Dakota Beavers. An otherworldly creature with cloaking technology hunts 18th-century Comanches on the Northern Great Plains. (2022, 15, 100min) ★★★★
10.55 **Gogglebox** Opinions on *Coronation Street* and *Married at First Sight UK.*
12.00 M'T **Gogglebox**
1.00 AM **Naked Attraction's Best Naughty Bits**
2.05 **Gogglebox**
4.00 **The Goldbergs**
4.25 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Border Security USA**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **Customs UK** A sniffer dog at Gatwick detects a suspicious suitcase containing cocaine. **1.30** Officers find a shipment concealing a large amount of drugs and ammunition destined for Devon.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.

9.00 Law & Order: Criminal...

7 PM
7.00 Nothing to Declare Officers investigate two young female passengers. **7.30** Officers suspect a man is lying to them.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Law & Order: Criminal Intent *Brother's Keeper:* 15/22. A preacher's wife is found dead. Guest stars Tom Arnold. (S6)

10 PM
10.00 Doc *What I Did for Love:* 7/22. Amy and Gina team up to help a victim of domestic abuse. (S2)
11.00 **Bull** 22/22. (S6)
12.00 M'T **Law & Order: Criminal Intent** 12/22. (S6)
1.00 AM **Law & Order: Special Victims Unit** 1/22. (S26)
2.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Game of Thrones** (S1)
1.20 PM **Game of Thrones** Six episodes, including at: **3.35** 3/10. Tyrion plots to identify Cersei's spy. **4.40** 4/10. Daenerys arrives at the walled city of Qarth. **5.45** 5/10. Lord Baelish spots a chance to capitalise on the end of the Baratheons' rivalry. **6.50** 6/10. King Joffrey's rule prompts the people of King's Landing to riot. (S2)

1.00 Game of Thrones

7.55 Game of Thrones *A Man Without Honour:* 7/10. Theon embarks on a hunt as he tries to prove his Ironborn status, and Daenerys receives a useful invitation.

9.00 Game of Thrones *The Prince of Winterfell:* 8/10. Robb Stark discovers he has been betrayed by one of his closest friends.

10.05 Game of Thrones *Blackwater:* 9/10. Tyrion defends King's Landing against Stannis Baratheon's assault. (S2)
11.10 **Game of Thrones** 10/10. Jon proves his worth to Qhorin Halfhand. (S2) **12.20** AM 1-3/10. (S3)
3.40 **Richard E Grant's Hotel Secrets** Hotels in Venice.
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
11.00 **Stargate Universe** (S1)
4.00 PM **Fear the Walking Dead** 1/15. Madison, Travis and their extended family have taken shelter in Strand's estate overlooking the Pacific Ocean. **5.00** 2/15. The group seek shelter with a survivalist family, and Salazar tries to uncover Strand's intentions. **6.00** 3/15. Madison confronts Strand about his mysterious destination, while Nick and Alicia inspect wreckage from a plane crash. (S2)

5.00 Fear the Walking Dead

7.00 Fear the Walking Dead *Blood in the Streets:* 4/15. The group let a family in distress board the boat.

8.00 Fear the Walking Dead *Captive:* 5/15. Madison and Nick try to save their loved ones. (S2)

9.00 Evil *3 Stars:* 3/13. A highly-strung theatre producer's behaviour goes from demanding to downright bizarre.

10.00 Evil *Rose390:* 4/13. Kristen is concerned by her daughters' obsession with a digital game. (S1)
11.00 **Never Mind the Buzzcocks** A special 1980s-themed edition, with Martin Fry, Debbie Gibson, Judi Love and guest captains Pepsi & Shirlie.
12.00 M'T **The Force: Manchester**
2.00 AM **Brit Cops: Frontline Crime UK** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.50 **Dress to Impress**
8.55 **The Only Way Is Essex**
10.50 **Deal or No Deal**
12.50 PM **Wheel of Fortune**
1.50 **The Masked Singer**
3.20 **Celebrity Catchphrase**
4.20 **FILM The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★
6.05 **FILM Johnny English Strikes Again** Comedy sequel starring Rowan Atkinson and Ben Miller. (2018, PG, 89min) ★★★

8.00 Jurassic World: Fallen...

FILM Johnny English Strikes Again (film started at 6.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 FILM Jurassic World: Fallen Kingdom Action adventure sequel starring Chris Pratt and Bryce Dallas Howard. While trying to protect genetically engineered dinosaurs, Owen Grady and Claire Dearing uncover a conspiracy. (2018, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.25 Family Guy 19/21. Meg parties with Peter when he takes her to college. (S12) **10.55** 22/22. Chris wangles an invitation to join a country club. (S11)
11.25 **American Dad!** (S13&11)
12.20 AM **Transaction** 2/6. (S1)
12.50 **Count Abdulla**
1.20 **Deal or No Deal**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.25 **FILM Carry On Loving** Comedy starring Sidney James. (1970, PG, 90min) ★★
12.05 PM **Agatha Christie's Marple**
2.05 **Rosemary & Thyme**
4.10 **McDonald & Dodds** 2/2. The detective duo investigate the murder of a wealthy patient at a private clinic. (S1)
6.00 **Agatha Christie's Marple** *A Pocket Full of Rye:* A nursery rhyme is connected to the murders of a businessman, his wife and their maid.

4.10 McDonald & Dodds

Agatha Christie's Marple (started at 6.00pm)

8.00 Midsomer Murders *Dead Man's Eleven:* Barnaby and Troy investigate when a wealthy landowner's wife is found battered to death with a cricket bat in a quarry. Guest stars Imelda Staunton and Robert Hardy.

10.00 Vera *Changing Tides:* The detective investigates a suspicious fire that rips through a holiday park on the coast, claiming the life of the resort owner's sister.
11.50 **Red Eye** 3/6. Nolan discovers a connection linking the onboard incidents. **12.50** AM 4/6. Jess learns crucial information about the wider conspiracy. (S1)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.00 AM **The Sunday Show**
10.30 **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Recent top-flight action, including Aberdeen v Rangers at Pittodrie.
8.15 **The Repair Shop on the Road** Dominic and Will restore a memorial to lives lost at sea.
9.00 NEW SERIES **The Beauty Queen & the Catfish** 1/3. A nurse who targeted, harassed, stalked and exploited hundreds of women. **9.45** New edition 2/3. Abbie Draper takes her findings to the police. **10.30** Series finale 3/3. The victims finally have justice, but are still left searching for answers.
11.15 **Still Game** 5/7. (S6)
11.45 PM **to 12.00** M'T **Lauren Mayberry: I Change Shapes**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
10.30 **Ballers** 5-8/10. (S1)
12.55 PM **Sex and the City**
4.00 **Community** (S1)
6.30 **The Office (US)** 6/25. Dwight makes a guest appearance on the radio. **7.00** 7/25. Dwight struggles to sell to a female client. **7.30** 8/25. Angela learns that her husband is having an affair. **8.00** 9/25. Dwight organises a Pennsylvania-Dutch-themed office Christmas party. **8.30** 10/25. Pam accidentally brings lice into the office. (S9)
9.00 **Dave Chappelle: Killin' Them Softly** Stand-up comedy.
10.15 **Chris Rock: Bigger & Blacker** Stand-up comedy from the American comedian.
11.35 **And Just Like That...**
1.15 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Turandot**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM Sabrina** Vintage comedy. (1954, b/w, U, 113min) ★★★★
3.10 **Tina Turner: What's Love Live** From 1993.
5.15 **FILM Sunset Boulevard** Melodrama. (1950, b/w, PG, 110min) ★★★★★
7.30 **Discovering Westerns on Film** The origins of the movie genre.
9.00 **FILM A Fistful of Dollars** Western. (1964, 15, 96min) ★★★★★
10.55 **Sergio Leone: The Italian Who Invented America** Documentary.
1.00 AM **Blue Road: The Edna O'Brien Story**
3.00 **The Brontës by Anita Rani: Sisters of Disruption** Documentary.
4.00 **The Great Songwriters**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Star Trek: The Next Generation** (S6)
2.00 PM **FILM Return to Office** Romantic drama. (2025, PG, 84min) ★★
4.00 **Big Beasts: Last of the Giants** Documentary.
5.00 **Land of the Far North**
6.00 **Predators**
7.00 **Caught Red Handed**
9.00 **Rob & Romesh vs Andy Murray** The comedians meet the former tennis star.
10.00 **Brassic** 1/6. First episode of the comedy drama. Vinnie and his crew become tangled up with a local crime boss. (S1)
11.00 **Never Mind the Buzzcocks** Music quiz.
11.45 **Caught on Dashcam**
12.40 AM **Killer in My Village**
1.35 **Nothing to Declare**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Romesh Ranganathan's Parents' Evening** Adrian Dunbar, Jo Brand, Layton Williams and their relatives compete in the comedy game show, in which the parents choose which questions their children will answer.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.10 AM **A Fine Romance**
8.40 **The Waltons** (S1)
1.40 PM **The Waltons** (S1)
4.40 **FILM The Great St Trinian's Train Robbery** Farcical British comedy starring Frankie Howerd. (1965, U, 94min) ★★★
6.35 **FILM The Karate Kid Part II** Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. (1986, PG, 113min) ★★
9.00 **FILM Airplane II: The Sequel** Comedy sequel starring Robert Hays as a pilot at the controls of a disaster-prone moon shuttle. With Lloyd Bridges, Julie Hagerty and William Shatner. (1982, 15, 81min) ★★★
11.00 **Dear John** 4-6/7. (S1)
1.00 AM **Home to Roost**
2.00 **A Fine Romance**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **British Touring Cars**
6.15 **The Professionals**
7.10 **Cadfael**
8.50 **The Big Match Revisited**
10.55 **Fishing Allstars**
11.25 **Ninja Warrior UK**
12.25 PM **The Return of Sherlock Holmes** Crime drama.
1.30 **The Motorbike Show**
3.30 **Junk & Disorderly** Visiting autojumbles in Enfield.
4.30 FILM **Field of Dreams** Fantasy drama starring Kevin Costner and Amy Madigan. (1989, PG, 106min) ★★★★★

6.40 **Dr No**

6.40 FILM **Dr No** James Bond adventure starring Sean Connery. Bond goes to Jamaica to investigate the mysterious death of a fellow agent. With Ursula Andress, Joseph Wiseman and Jack Lord. (1962, PG, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Rambo: First Blood Part II** Adventure sequel starring Sylvester Stallone. Vietnam vet John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. (1985, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

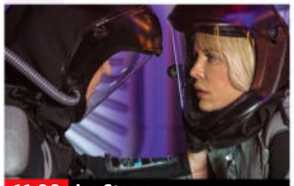
11.05 **Startup** New episode 7/10. Rask fields questions from his fellow agents. (S1)
12.00 M'T **Giant Lobster Hunters**
12.55 AM **Minder**
1.50 **The Protectors**
2.20 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Ice Storm** Sci-fi action drama. (2022, 12, 90min) ★★
1.00 PM **Stargate SG-1** Five episodes, including at: **3.00** 9/22. O'Neill suffers an ageing transformation. **4.00** 10/22. O'Neill and Teal'c become trapped underground. **5.00** 11/22. A rescue attempt leaves the team trapped. (S1)
6.00 **Star Trek: Deep Space Nine** 23/26. The crew join forces with Jem'Hadar soldiers. (S4)



11.00 **Ice Storm**

7.00 **Star Trek: Deep Space Nine** *The Quickening:* 24/26. Bashir tries to save an alien society suffering from an incurable disease.

8.00 **Star Trek: Deep Space Nine** *Body Parts:* 25/26. Quark sells his body parts on the Ferengi market to pay off his debts.

9.00 **Star Trek: Deep Space Nine** *Broken Link:* 26/26. Odo is forced to return to his homeworld. (S4)

10.00 **Star Trek: Deep Space Nine** *Apocalypse Rising:* 1/26. The crew enter Klingon territory on a dangerous mission. (S5)

11.00 **Grimm** 11/22. Nick and Monroe move in on the source of a long-gestating mystery. **12.00** M'T 12/22. Nick and Monroe find a treasure that has been hidden for centuries. **1.00** AM 13/22. A local maskmaker targets Wesen. (S5) **2.00** 14&15/22. (S5)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown** Four episodes, including at: **3.00** PM *The Demise of the Debutante:* A killer strikes at a finishing school for girls.
4.00 **Alaska Daily** 1/11. Drama starring Hilary Swank. **5.00** 2/11. Eileen calls in a favour to help track down the person of interest. (S1)
6.00 **Allegiance** 9/10. A shooting thrusts Sabrina into the life of a community volunteer. (S1)

7.00 **Murdoch Mysteries**

7.00 NEW SERIES **Murdoch Mysteries** *The Boys Are Back in Town:* 1/21. Murdoch investigates an explosion. (S19)

8.00 **Return to Paradise** *Killer Climate:* 4/6. An activist is mysteriously bludgeoned to death while chained to an excavator with his group during a protest. (S1)

9.20 **Death in Paradise** *Ye of Little Faith:* 4/8. The team are called to a hotel where a flight attendant has been poisoned.

10.40 **Death in Paradise** *Somewhere in Time:* 7/9. A stag party ends in tragedy when the host of a fishing trip is found harpooned on a beach the following morning. (S10)

12.00 M'T **Father Brown** *The Sands of Time:* Brenda finds love at the home of a clock collector
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Eight episodes of the classic sitcom, including at: **5.00** Del Boy snatches a chance to make a quick profit, leaving gullible Denzil stripped of his redundancy money. **5.35** Christmas special from 1992. Always one to jump on the latest passing bandwagon, Del Boy goes eco-friendly and decides to create a better world for baby Damien and his generation – by starting his own bottled water business.

7.00 **Only Fools and Horses**

7.00 **Only Fools and Horses** Rodney experiences the joys of dating. **7.40** The Trotters attend Grandad's funeral – and encounter a certain long-lost seafaring uncle. **8.20** Uncle Albert suffers a nasty fall into the cellar at the Nag's Head.

9.00 **Only Fools and Horses** Rodney joins a band and aspires to be a pop star. Guest stars DJ Mike Read. **9.40** The Trotters agree to dog-sit while Boycie goes on holiday. **10.20** Del pays a stripper to attend a party at the Nag's Head with Rodney.

11.00 **Only Fools and Horses**
11.40 **This Time with Alan Partridge**
12.20 AM **Knowing Me, Knowing You... With Alan Partridge**
1.40 **Only Fools and Horses**
2.25 **Knowing Me, Knowing You... With Alan Partridge**
3.25 **to 4.00** AM **Only Fools and...**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May: The Reassembler**
8.00 **James May's Man Lab**
9.00 **Mortimer & Whitehouse: Gone Fishing** Double bill.
10.10 **Guy Martin: Proper Jobs**
11.10 **Top Gear** Double bill.
1.10 PM **Storage Hunters UK**
2.40 **Hairy Bikers' Best of British**
4.45 **The Americas with Simon Reeve** Double bill of editions.
6.45 **Mortimer & Whitehouse: Gone Fishing** Paul teaches Bob to fly fish for rainbow trout in Derbyshire's Monsal Valley.

8.00 **Guy Martin's Proper Jobs**

7.25 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish the River Wensum in Norfolk for roach.

8.00 **Guy Martin: Proper Jobs** The presenter gets to grips with nature as a wildlife warden on the remote Calf of Man island.

9.00 **Have I Got a Bit More News for You** Martin Clunes hosts the satirical quiz, with guests Helen Lewis and Ian Smith.

10.00 **QI** With Jo Brand, Sean Lock and Bill Bailey.
10.40 **Mock the Week** With James Acaster, Angela Barnes and Glenn Moore.
11.20 **Mock the Week** With Milton Jones, Miles Jupp, Felicity Ward and Ed Gamble.
12.00 M'T **Live at the Apollo**
1.00 AM **Have I Got a Bit More News for You** With Ross Noble and Ria Lina.
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Kirstie and Phil's Love It or List It**
4.00 **Couples Come Dine with Me** In Cambridge.
5.00 **A Place in the Sun** A couple search for a holiday home on the Costa Blanca. **6.00** A woman seeks a holiday home in the area of Limousin. **7.00** A couple seek a winter bolthole in southern Tenerife.
8.00 FILM **Top Gun: Maverick** Action drama with Tom Cruise. (2022, 12, 130min) ★★★★
10.35 FILM **In Bruges** Dark comedy thriller. (2007, 18, 107min) ★★★★
12.40 AM **Celebrity SAS: Who Dares Wins**
1.40 **Inside the World's Most Luxurious Hotels**
2.40 **The Great Pottery Throw Down**
4.00 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.25 **Murder, She Wrote**
10.20 **Blue Bloods** (S5&6)
3.00 PM **NCIS** Seven episodes, including at: **6.00** *Under Covers:* 8/24. Ziva and Tony pose as assassins. **7.00** *Frame Up:* 9/24. Tony finds himself accused of murder. **8.00** *Probie:* 10/24. McGee kills an undercover police officer while on duty. **9.00** *Model Behaviour:* 11/24. A model is killed at a Marine base. (S3)
10.00 **Law & Order: Special Victims Unit** *Townhouse Incident:* 11/23. A home invasion escalates into a hostage situation. (S17)
11.00 **Law & Order: Special Victims Unit** (S17&16)
1.50 AM **Criminal Minds**
2.45 **Blue Bloods** 9/22. (S9)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.00 **22 Kids & Counting**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions of the series, including at: **7.00** A stolen car is recovered on the M11. **8.00** An inspector tries to stop a man committing suicide.
9.00 **Meghan vs Kate: The Meeting That Changed the Monarchy** A 2018 showdown between the Duchess of Sussex and the Princess of Wales.
10.35 **The Body in the Suitcase: A Murder Mystery** Documentary.
11.35 **Death in Paradise: The Murder of Caroline Crouch** Documentary.
1.05 AM **My Lover, My Killer**
2.05 **The Good Wife** (S7)
2.45 **Trucking Hell**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Ice Road Truckers**
1.55 PM FILM **The Kentuckian** Western starring Burt Lancaster and Dianne Foster. (1955, PG, 104min) ★★★
4.05 FILM **Shane** Western with Alan Ladd. (1953, PG, 118min) ★★★★★
6.40 FILM **U-571** World War Two drama with Matthew McConaughey. (2000, 12, 115min) ★★★
9.00 FILM **Missing in Action** Action adventure starring Chuck Norris as an ex-prisoner of the Vietcong who returns to Vietnam to rescue all the other GIs who are still in captivity. (1984, 15, 101min) ★★
11.05 FILM **Blood of Redemption** Adventure starring Billy Zane and Dolph Lundgren. (2013, 15, 81min) ★★
12.50 **to 4.00** AM **World's Deadliest Weather: Caught on Camera**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
6.00 **Pete Wicks: For Dogs' Sake** Documentary.
7.00 **Inside the Ambulance** Paramedics collect a seriously injured man airlifted in from Wales. **8.00** The crews in Stoke cope with a major heart attack and a nasty football injury.
9.00 **Inside the Operating Theatre** A man is having his gall bladder removed. **10.00** A woman needs to have a polyp removed from her womb.
11.00 **One Born Every Minute** Documentary.
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Behind Bars**
1.40 **to 3.00** AM **Michael McIntyre's Christmas Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
12.00 NOON **Call the Midwife**
2.40 PM **Catherine Cookson's A Dinner of Herbs**
5.40 **Last Tango in Halifax** 1/6. Celia and Alan's honeymoon plans have to be put on hold. (S3)
7.00 **Ladies in Black** New episode *Design Thief:* 2/6. Mrs Ambrose recruits allies and campaigns for ladieswear supremacy. (S1)
8.10 **Sister Boniface Mysteries** *Toast to the Newly Dead:* 8/10. Sister Boniface must unveil a killer in Felix's wedding party. (S3)
9.10 **Silent Witness** *Coup de Grace:* Nikki's testimony leads to the release of a convicted killer.
11.20 **New Tricks**
12.40 AM **Call the Midwife**
2.00 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

SUNDAY Entertainment

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In Barcelona.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **My Lottery Dream Home**
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** The story of a couple who fought in vain to get their son back through the courts after putting him up for adoption when they were homeless and jobless. **10.00** A woman searches for the sisters she was separated from at the age of four.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Total Wipeout**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
3.20 **All Star Family Fortunes** Angela Griffin and Antony Worrall Thompson compete.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With Kay Burley, Eni Aluko, Tim Lovejoy and Richard Herring. **6.00** Scott Mills, Gareth Malone, Louise Minchin and Glenn Hoddle compete in the quiz.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Charlene White, Kevin Eldon, Mark Foster and Ade Adepitan.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase** Quiz.
4.00 **The Celebrity Chase**
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory** Western.
9.30 **The High Chaparral**
10.35 FILM **Texas** Western with William Holden. (1941, b/w, PG, 93min) ★★★
12.35 PM FILM **Hombre** Western adventure. (1966, PG, 111min) ★★★
3.00 FILM **The Magnificent Seven Ride!** Western. (1972, PG, 100min) ★★★
5.15 FILM **Return of Sabata** Spaghetti Western. (1971, 15, 107min) ★
7.35 FILM **Showdown** Western adventure. (1972, PG, 99min) ★★
9.50 FILM **Death Race** Sci-fi thriller remake starring Jason Statham (2008, 15, 105min) ★★★
12.10 AM FILM **The Road** Apocalyptic drama with Viggo Mortensen. (2009, 15, 111min) ★★★★
2.35 **The Persuaders!**
4.15 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 FILM **Murder, She Baked: A Chocolate Chip Cookie Mystery** Drama. (2015, PG) ★★
11.00 **Murder, She Wrote**
3.00 PM **Starsky & Hutch**
4.00 **Murder, She Wrote**
8.00 **Robin Hood**
9.00 FILM **Murder, She Baked: A Plum Pudding Mystery** Crime drama starring Alison Sweeney. (2015, PG, 85min) ★★
10.55 FILM **Fixer Upper Mysteries: Concrete Evidence** Crime drama starring Jewel Kilcher. (2017, PG, 89min) ★★
12.50 AM FILM **Off the Rails** Mystery drama starring Hannah Barefoot. (2017, PG, 82min) ★★
2.25 FILM **Wish You Were Dead** Suspense thriller. (2017, PG, 89min) ★★
4.05 **to 4.50** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM FILM **Matching Hearts** Romantic drama. (2020, PG, 90min) ★★
10.00 FILM **Loving Every Minute** Fantasy drama. (2022, U, 86min) ★★
12.00 NOON FILM **Love at Lookout Lake** Comedy. (2025, U, 89min) ★★
1.55 PM FILM **Romance in Hawaii** Comedy. (2023, U, 89min) ★★
3.55 FILM **The Wish Swap** Fantasy. (2025, PG) ★★
5.50 FILM **Never Too Late to Celebrate** Drama. (2023, PG, 90min) ★★
7.45 FILM **Secrets of Bella Vista** Romantic drama. (2022, U, 84min) ★★
9.40 FILM **Welcome to Valentine** Drama. (2023, PG, 85min) ★★
11.35 FILM **Love on Harbor Island** Romantic drama. (2020, PG, 80min) ★★
1.35 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **Star Maidens** (S1)
8.30 **The Lovers** 4&5/6. (S1)
9.30 **The Fenn Street Gang**
10.00 **Bubblegum & Cheese**
11.00 **Boon** 6/13. (S2)
12.00 NOON **The Prime of Miss Jean Brodie** (S1)
1.00 PM **Lady Killers**
2.00 **The Champions** (S1)
3.00 **The Brian Conley Show**
3.30 **Hank the Cowboy**
4.00 **That's My Dog**
4.30 **The Dustbinmen** (S1)
6.00 **Boon** 6/13. (S2)
7.00 **Star Maidens** (S1)
8.00 FILM **Heather Ann** Drama. (1983, 15) ★★
9.00 **Dark Skies** 2/20. (S1)
10.00 FILM **The Teacher** Thriller. (1974, 15) ★★
12.00 M'T **Lady Killers**
1.00 AM FILM **Bloodbath at the House of Death** Spoof. (1983, 18) ★
2.45 **Rewind & Remember**
2.55 **Mysterious Tales**
3.00 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Mike Brewer: Born Dealer** Double bill.
7.00 **Land of the Lost Shark** Wildlife biologist Forrest Galante dives into treacherous, shark-infested waters in the southern hemisphere to rediscover three unique sharks lost to science for as long as 100 years.
8.00 **Extinct or Alive: The Lost Shark** Forrest Galante goes in search of the supposedly extinct Pondicherry shark.
9.00 **Alien Endgame** Former members of the US military break their silence about the massive UFO cover-up.
11.00 **Expedition X** Triple bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food Nation**
9.00 **Man v Food**
9.30 **Man v Food Nation**
12.00 NOON **Man v Food**
12.30 PM **Man v Food Nation**
1.00 **James Martin's American Adventure**
3.00 **The Great British Bake Off** Six editions.
9.00 **James Martin's American Adventure** James goes on a culinary road trip around the United States, beginning with a visit to the Napa Valley in California. **10.00** The chef rides his motorbike through the coastal city of Santa Cruz, California, and goes shopping at local farmers' markets.
11.00 **Secret Eats with Adam Richman** Four editions.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM FILM **Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
9.00 **The A-Team** (S3)
2.00 PM FILM **The Savage** Western. (1952, U) ★★
3.55 FILM **Arizona Bushwhackers** Western starring Howard Keel. (1968, PG, 87min) ★★★
5.40 FILM **Shalako** Western starring Sean Connery. (1968, PG, 118min) ★★
8.00 **The Twilight Zone** (S4)
9.00 FILM **Internal Affairs** Thriller with Richard Gere and Andy Garcia. (1990, 18, 117min) ★★★★
11.15 FILM **Aftermath** Drama starring Arnold Schwarzenegger and Scoot McNairy. (2016, 15, 94min) ★★
1.10 AM FILM **Jiu Jitsu** Sci-fi action drama. (2020, 15, 102min) ★★
3.10 **to 5.00** AM FILM **Man Down** Drama. (2015, 15, 90min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 FILM **Gunsmoke: One Man's Justice** Western. (1993, PG, 88min) ★★
12.00 NOON FILM **Polar Storm** Action drama starring Jack Coleman. (2009, PG, 92min) ★★
2.00 PM FILM **Double Dragon** Martial arts adventure starring Mark Dacascos. (1994, 12, 91min) ★★
4.00 **Six Million Dollar Man**
6.00 **The Fall Guy** (S1)
9.00 FILM **Posse** Offbeat Western starring Kirk Douglas and Bruce Dern. (1975, 15, 94min) ★★
10.55 FILM **Death Wish** Vigilante action drama starring Charles Bronson. (1974, 18, 89min) ★★★
1.00 AM FILM **Posse** (1975)
2.50 FILM **Magma: Volcanic Disaster** Disaster movie. (2006, PG, 87min) ★★
4.40 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Container Wars** Double bill.
6.45 **Rust Valley Restorers**
8.20 **Junk & Disorderly**
10.10 **Pawn Stars**
1.05 PM **Storage Hunters**
3.05 **Auction Hunters**
5.05 **Storage Wars: Texas**
7.00 **Secrets in the Ice**
8.00 **The Curse of Oak Island**
9.00 **The Great British Dig: History in Your Back Garden** Hugh Dennis and the team uncover a Roman fort in Falkirk.
10.00 **Discovered by Disaster**
11.00 **Holy Marvels with Dennis Quaid**
12.00 M'T **History's Greatest Mysteries** Focusing on the Voynich manuscript.
1.00 AM **Paranormal: Caught on Camera**
2.00 **My Paranormal Nightmare**
3.00 **World's Most Unexplained**
4.00 **to 6.00** AM **Lost Relic Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **Entertainment News**
9.15 **The Yorkshire Vet**
9.50 **Digging Up Britain's Past** Triple bill.
12.55 PM **Columbo** Five episodes, including at: **7.30** *Lovely but Lethal:* Lt Columbo suspects industrial espionage is involved when a chemist working for a cosmetics company is murdered.
9.00 **1983: Those Were the Days** A look back at key events from the year.
11.00 **Taggart** *Love Knot*: A body is dredged from the River Clyde.
12.40 AM **Ice Age: A Frozen World** Exploring hidden secrets of the Ice Age.
1.40 **Ice Age: Battle for Survival** Documentary.
2.40 **Ice Age: The Great Thaw** Documentary.
3.30 **Cruising with Jane McDonald** The Danube.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Home Town**
1.00 PM **Home Town**
7.00 **100 Day Dream Home** A family look to spread out in a new place with no maintenance issues. **8.00** A family need help building a cottage in the middle of cow country. **9.00** A couple and their child are eager to plant roots at their woodsy lot. **10.00** Mika and Brian create a family's dream home in the backyard of a childhood home. **11.00** Mika and Brian help Floridians turn a beachside hotel into a dream destination. **12.00** M'T With just 40 days left to finish the inn, Brian and Mika have their hands full.
1.00 **to 4.00** AM **Unsellable Houses**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** David is back to see Dr Lee after she spotted a growth under his eye. **8.00** Tim has a huge growth on his back.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
9.55 **Friends** (S1)
12.05 PM FILM **Bring It On** Teen comedy starring Kirsten Dunst. (2000, 12, 99min) ★★★★
2.00 **Friends** (S10&1)
7.00 FILM **3 Men and a Baby** Comedy starring Tom Selleck, Ted Danson and Steve Guttenberg. (1987, PG, 98min) ★★★★
9.00 FILM **Big Trouble in Little China** Fantasy adventure starring Kurt Russell and Kim Cattrall. (1986, 15, 100min) ★★★
11.00 **8 Out of 10 Cats Uncut**
11.50 **Out of Order**
12.50 AM **Dara O Briain Talks Funny: Live in London**
1.55 **John Mulaney: New in Town** Stand-up show.
2.55 **The Ricky Gervais Show**
4.10 **to 5.00** AM **Bradley & Barney Walsh: Breaking Dad**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Bradley & Barney Walsh: Breaking Dad**
12.00 NOON **Friends**
2.05 PM **Criminally Funny**
7.00 **Friends** 15/18. Joey's agent passes away. Guest stars Jane Lynch. **7.30** 16/18.The gang throw a going-away party for Rachel. **8.00** 17&18/18. Last-ever episode. Monica and Chandler anxiously wait for Erica to give birth (S10) **9.00** 20/24. Joey's snoring annoys Chandler. **9.30** 21/24. Ross and Rachel reminisce. (S4)
10.00 **Friends** (S4&5)
2.00 AM **New Girl** (S2)
3.00 **South Park** (S3)
4.30 **Jeff Dunham: Me the People** Comedy special.
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Music**
8.15 **On the Buses** (S1)
9.45 **Steptoe and Son** (S4)
1.20 PM **Minder** (S3)
5.40 **Minder on the Orient Express** 7/8. (S6)
7.55 **Minder** 1/13. (S2)
9.00 **Benidorm** 7/7. Mateo reveals his mother-in-law is threatening to kill him. (S7)
9.55 **Shameless** 10/10. An emergency meeting is held regarding Patty's health. (S10)
10.55 **Minder** 1/13. (S2)
12.00 M'T **Benidorm** 7/7. (S7)
1.00 AM **Shameless** (S10)
2.00 **The Kenny Everett Video Show** (S1)
2.35 **Man About the House**
3.00 **Duty Free** (S3)
3.25 **The Osbournes**
3.50 **That's 60s: Music**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Ravenglass & Eskdale Rail**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 12/14. (S5)
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Seven editions.
8.00 **Catfish: The Dramatic** A woman tries to find out why her online lover ended their relationship.
9.00 **Help! I'm in a Secret Relationship!** Sharelle tries to find out why Kurt is keeping her secret.
10.00 **Ink Master: Angels** The Angels head south and challenge Charlotte's best artists.
11.00 **Dating Naked** Mike, an accountant from Long Island, meets LA native Candace. **12.00** M'T Greg, a shy accountant, and free-spirited artist Ashley take part.
1.00 AM **Dating Naked**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys get cosy for a Alaskan movie night as they reflect on their biggest life-changing rescues.
1.00 PM Marty re-rescues the Broadhead family, whose Ohio home faces structural issues.
3.00 Novice farmsteaders in Iowa get an off-grid masterclass as they risk losing the legacy of their late father.
5.00 A family finds their off-grid paradise threatened by destructive storms and pests.

7.00 Moonshiners

7.00 Moonshiners: Master Distiller New edition Distillers use foraged ingredients to create a one-of-a-kind spirit.

8.00 Moonshiners: Master Distiller New edition Three distillers put their spin on George Thorpe's original corn shine recipe.

9.00 Moonshiners: Master Distiller New edition Three experts compete for a place in the crowded spiced rum market.

10.00 Mud Madness Josh takes a reckless risk in a bid to salvage his season, endangering his life in a high-stakes bet.

11.00 Wild & Weird America A mishap on a frozen lake and a close encounter with a whale.
11.30 Clips include a kayaking rescue and a runaway boat.
12.00 M'T **Overhaulin'**
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat given as a birthday present proves a bad omen.
4.00 A couple attempt to temper their vicious cat.
5.00 **Treehouse Masters** Building a double-decker hideout in Texas Hill Country.
6.00 **Bad Dog!** A balloon-popping bulldog and a thieving cat.

8.00 Treetop Cat Rescue

7.00 How Do Animals Do That? How hummingbirds can fly backwards.
7.30 What a dog is saying when it wags its tail.

8.00 Treetop Cat Rescue Shaun and Tom attempt to rescue a feral cat.
8.30 Efforts to reunite a feline with its canine pal.

9.00 Alaskan Bush People: Book of Noah Featuring an interview with Noah Brown, the clan's 'Mr Fix-It'.

10.00 Tanked A California restaurant is looking for a tank for their new location in Santa Monica.

11.00 Alaska: The Last Frontier Otto and Charlotte defend against the homestead's first predator attacks.
12.00 M'T **River of No Return**
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
10.00 **Car S.O.S** Triple bill.
1.00 PM **Air Crash Investigation**
3.00 **Toronto Airport Uncovered** Crews race to clear snow when a storm hits the airport.
4.00 Gate crew attempt to locate a passenger travelling with a deadly weapon.
5.00 Two winter storms descend on North America, battering destination airports.
6.00 **Air Crash Investigation** A mid-air explosion rocks Southwest Airlines 1380.

7.00 Lost Treasures of Rome

7.00 Lost Treasures of Rome New edition New evidence sheds fresh light on the enduring appeal of Roman gladiator games.

8.00 Titanic: Case Closed Author Tim Malton explains his theory about the cruise liner's demise, arguing it could have been down to some strange atmospheric conditions in the Atlantic.

10.00 Drain the Titanic: A Ship Reborn Documentary exploring the wreck of the famous ship.

11.00 Gallipoli's Deep Secrets A look at World War One wrecks in Turkish waters.
12.00 M'T **To Catch a Smuggler**
1.00 AM **Strangest Things**
2.00 **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Lords of War**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.00 **Secrets Declassified with David Duchovny**
9.00 **Gold Wars Downunder**
10.00 **Ice Road Truckers**
11.00 **Pawn Stars** Triple bill.
2.00 PM **Junk & Disorderly** Henry and Sam acquire a quirky car from the 1970s.
3.00 A BSA Bantam is transformed into a trial bike.
4.00 Making a profit on motorcycle memorabilia.
5.00 **Hazardous History with Henry Winkler** Double bill.

9.00 The Jewish Nazi?

7.00 WWII's Most Daring Raids The efforts of Norwegian resistance fighters to return to their invaded homeland.

8.00 WWII's Most Daring Raids Efforts to destroy a crucial German fuel depot on the outskirts of Bouerat Harbor in Libya.

9.00 The Jewish Nazi? The story of Alex Kurzem, a young Jewish boy who survived the massacre of his Belarusian shtetl during World War Two, only to be taken in by the Nazi SS.

11.00 Secrets Declassified with David Duchovny The actor investigates evidence from recently declassified files.
12.00 M'T The actor explores hidden government facilities.
1.00 AM Investigating daring government operations.
2.00 **Junk & Disorderly**
5.00 **to 6.00** AM **Hazardous History with Henry Winkler**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Train Truckers** Triple bill.
11.00 **Canal Boat Diaries**
2.00 PM **Blue Planet II** Creatures that live on coral reefs.
3.00 Wildlife living thousands of kilometres from land.
4.00 Wildlife inhabiting underwater kelp forests.
5.00 Footage of animals that live on the coast, including sea lions hunting for tuna.
6.00 Exploring the impact of humans on aquatic wildlife.

7.00 Wonder of Song

7.00 Attenborough's Wonder of Song Naturalist David Attenborough examines seven recordings of animals singing.

8.00 Joanna Lumley's Silk Road Adventure The actor begins a journey along the ancient trade route, starting in Venice.

9.00 Incredible Journeys with Simon Reeve Simon presents some highlights of his journeys around the world.

10.00 Bangers & Cash Dave's on his way to Grimsby to pick up an iconic 1980s fast Ford, the Mk1 Fiesta XR2.

11.00 Bangers & Cash Derek gets a tour of Hadlow Castle in Kent when he arrives to collect the owner's pre-war Alvis.
12.00 M'T Derek picks up two Batmobile replicas, and Dave can't control his enthusiasm for a Ford US wartime jeep.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
9.00 **Antiques Road Trip**
2.00 PM **The Repair Shop**
4.00 **The Repair Shop Jubilee Special**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **The Derbyshire Auction House**
8.00 **The Repair Shop** A well-loved cornet is given a new lease of life.
9.00 **The Repair Shop: Windrush Special** The team restore items that celebrate the Windrush generation, including a passport, a suitcase, a clock and a radiogram.
10.00 **The Repair Shop**
12.00 M'T **The Repair Shop Jubilee Special**
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **FBI Files**
3.00 PM **Evil Lives Here**
7.00 **Evil Lives Here: The Killer Speaks** A man's mother and brother seek answers after he kills his grandmother.
8.00 A husband heads down a violent path.
9.00 **A Killer's Mistake** When Kerry Woolley is murdered, detectives find a trail of deception.
10.00 How 17-year-old Jayden Parkinson was attracted to the bad boy allure of Ben Blakeley.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Cindy Borton.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Killer You Know** Four editions of the series, including at:
8.00 When a neighbourhood quarrel boils over, Billy Woodward decides to strike first.
9.00 Investigators are stunned when three murder cases end in betrayal by the ones the victims called friends.
10.00 **Secrets of a Murder Detective** DS Andrea Richards looks back at the cases of Caroline Pierce and Wendy Knell.
11.00 **Fatal Fall: Murder or Accident?** The case of Mary Gough, who was found dead at the foot of a staircase.
12.00 M'T **When Death Comes Knocking**
1.00 AM **The Killer You Know**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** An interview with a woman who was involved in a shoot-out with police
3.30 An interview with Belinda Van Krevel, who as the sister of a serial killer, has spent much of her life surrounded by murder.
4.00 **A Secret to Die For** A Florida salon's mysterious new stylist is hiding a terrible truth from her co-workers.
5.00 All bets are off when a high-stakes game explodes with deadly consequences.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **A Secret to Die For**
4.00 **Citizen Detective**
4.45 **Facing Evil**
5.35 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Caught on Dashcam**
10.00 **Murders That Shocked the Nation** The crimes of Graham Frederick Young.
11.00 **World's Most Evil Killers**
1.00 PM **Forensics: Catching the Killer** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** Double bill.
9.00 NEW SERIES **Death Row Confidential: Secrets of a Serial Killer** The story of Joseph Naso.
11.00 **The Murder of Grace Millane** Documentary.
1.00 AM **Killer in My Village**
2.00 **How I Caught the Killer**
3.00 **World's Most Evil Killers**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **A Cold War of Spies**
1.00 PM **USS Indianapolis: The Final Chapter**
2.15 **Fall of Japan in Colour**
3.20 **The Siege of Leningrad**
4.20 **A Cold War of Spies**
8.35 **Fall of Japan in Colour** The travels of war correspondent William Courtenay and his unrivalled reporting on the Pacific campaign.
9.35 **The Siege of Leningrad** The story of the 872-day German and Finnish encirclement of the Soviet city.
10.45 **USS Indianapolis: The Final Chapter** The discovery of the wreckage of the World War Two cruiser in the Philippine Sea.
12.00 M'T **Fall of Japan in Colour** As 8.35pm.
1.05 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Jason Robards**
7.00 **Discovering: Richard Dreyfuss**
8.00 **The Directors**
9.00 **All That Breathes**
11.00 **FILM The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
1.00 PM **Elvis Presley: The Searcher** 1&2/2. Documentary about the life of the singer.
5.00 **Stevie Van Zandt: Disciple** A look at the life and career of the musician and actor.
7.50 **My Icon: Chris Hughton**
8.00 **FILM Touching the Void** Docu-drama based on Joe Simpson's bestselling book. (2003, 15, 106min) ★★★★★
10.00 **Tony Hawk: Until the Wheels Fall Off** A definitive look at the skateboarder's life and career.
12.30 AM **FILM Dogtown and Z-Boys** Documentary about the Zephyr Skateboard Team. (2001, 15, 91min) ★★★
2.20 **The Apollo** Exploring the history of the Harlem venue.
4.20 **The Great Horsemeat Scandal**
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **America's Wild Seasons**
10.00 **Wild Latin America**
1.00 PM **City Wildlife Rescue**
3.00 **Big Cats Small World**
5.00 **NEW SERIES Becoming Elephant: The Orphans of Reteti** Following the journey of orphaned elephants at Reteti Elephant Sanctuary.
6.00 **Extraordinary Animals**
7.00 **Secrets of the Enchanted Waters Series finale** Following polar bears hunting for seals.
8.00 **David Attenborough's Galapagos** 1/3. David explores the Pacific archipelago.
9.00 2/3. The unique species that live in the isolated habitat.
10.00 3/3. The broadcaster reveals the differences between the 19 islands.
11.00 **Becoming Elephant: The Orphans of Reteti** As 5.00pm.
12.00 M'T **Extraordinary Animals**
1.00 AM **Secrets of the Enchanted Waters** As shown at 7.00pm.
2.00 **Animals at Play** Double bill.
4.00 **to 6.00** AM **Hotspots: The Last Hope**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Aircraft**
10.00 **Soviet Storm: WWII in the East** Documentary.
11.00 **Digging for Britain**
2.00 PM **Ancient Aliens**
4.00 **World War Weird**
6.00 **Digging for Britain** The graveyard of a Victorian workhouse in Northern Ireland.
7.00 The discovery of an 8,000-year-old Neolithic underwater settlement.
8.00 **What on Earth?** A previously unknown ancient civilisation in the Amazon rainforest.
9.00 **Mafia: Most Wanted** How mob bosses in Toronto extended power and influence.
10.00 **Gangland Chronicles** A look at the Aryan Brotherhood.
10.30 Whitey Bulger's notorious Winter Hill Gang.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Evil Encounters**
2.00 **Discovered by Disaster**
3.00 **World War Weird**
5.00 **to 6.00** AM **Full Custom Garage**

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Judge Rinder**
2.00 PM **Murder Detective**
4.00 **Last Night Out** Four editions of the series, including at:
7.00 A woman is attacked and killed by her boyfriend.
8.00 **Homicide Squad: New Orleans** The case of a woman was reportedly shot by her neighbour after a heated argument about their pets.
9.00 **Cold Case Files New edition** A massive search unfolds in Oklahoma when two women and a child go missing.
10.00 A student disappears from his shift at a gas station.
11.00 How a cold case from 1981 was solved decades later with a DNA match.
12.00 M'T **Killed Without A Trace**
1.00 AM **Cold Case Files**
2.00 **Somebody's Hiding Something**
4.00 **to 6.00** AM **Motive to Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Kingdom of the Apes**
12.00 NOON **Future Cats**
1.00 PM **Russia's Wild Tiger**
2.00 **Serengeti Speed Queen**
3.00 **Cheetahs Up Close with Bertie Gregory**
4.00 **Secrets of the Zoo**
6.00 **Heartland Docs New edition** Ben and Erin come to the aid of a kitten with an injured leg.
7.00 **NEW Australia's Wild Woodlands** The wildlife living in Australia's eucalyptus forests, from the rarely seen platypus, to palm cockatoos and freshwater crocodiles.
8.00 **Wild Australia: Fierce Families, Tough Terrain** Animals in Australia that work together as families to survive.
9.00 **Hostile Planet** Animals that live at the north and south poles.
10.00 Animals that survive in the world's deserts.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **HMS Ark Royal**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Henry Cole continues his Australian trip.
4.00 Henry rolls into the Coral Bay area of Australia.
5.00 Broome to Halls Creek.
6.00 **Blowing Up History** Archaeologists use pioneering technology to investigate the ancient city of Samarra.
7.00 Archaeologists uncover the engineering secrets behind lost coliseums of Rome.
8.00 How the most iconic buildings of the ancient worlds were built, stone by stone.
9.00 **Salvage Hunters: The Restorers** A drill is used to restore a 19th-century urn.
10.00 A piece of luggage once owned by Russian royalty.
11.00 The restoration of a cast iron 19th-century fireplace.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Shipwreck Secrets**
1.00 PM **Shipwreck Secrets**
7.00 **Shipwreck Secrets** In 1925 the SS *Cotopaxi* carrying coal and 32 men vanished. It has since become synonymous with one of the ocean's greatest mysteries – the Bermuda Triangle.
8.00 Divers search a newly discovered wreck as they look into the story of the SS *Justicia*, sunk in World War One by U-Boats off the coast of Ireland.
9.00 A marine biologist and a deep-sea diver explore Chuuk Lagoon, one of the world's greatest underwater graveyards.
10.00 The discovery of a 19th-century schooner in Lake Erie that could help shed light on the founding of Ohio.
11.00 Beneath the North Sea lie relics of the Battle of Jutland. It took place during World War One and an overconfident Royal Navy expected it to be easy.
12.00 M'T **Shipwreck Secrets**
4.40 **to 6.00** AM **My Kind of Town**

+1hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** Double bill.
10.00 **Still a Mystery**
12.00 NOON **Faking It: Tears of a Crime** Double bill of editions.
2.00 PM **The Perfect Murder**
4.00 **The Killer in My Family**
5.00 **Disappeared**
6.00 **Murder in the Heartland**
8.00 **On the Case with Paula Zahn** An active-duty soldier dies in a brutal attack during a night out with her unit.
9.00 **Fatal Destination** A man's seaside escape turns deadly, as love, deceit and betrayal expose a web of greed and ambition beneath the Mexican sun.
10.00 **What Happened at Fells Acres?** The allegation of sexual abuse at a day-care in Malden, Massachusetts.
11.00 **Evil Lives Here**
12.00 M'T **Deadliest Families**
1.00 AM **Cabin in the Woods**
2.00 **Death by Fame**
4.00 **to 6.00** AM **Evil Lives Here**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **World's Greatest Motorcycle Rides**
10.00 **FourWheeler**
11.00 **Goblin Works Garage**
12.00 NOON **Street Outlaws: Locals Only** Five editions.
5.00 PM **Shed and Buried**
7.00 **Wheeler Dealers World Tour** In southern France, Mike and Elvis track down a charming 2CV Fourgonnette.
8.00 **Wheeler Dealers** Mike has found a rare, 33-year-old Peugeot 405 while in Portugal.
9.00 A Peugeot 205 T16 inspires Mike to upgrade its under-powered UK counterpart for a track race.
10.00 After years of searching, Mike has finally found the ultimate 1980s hot hatch – the Renault 5 GT Turbo.
11.00 Mike finds a 56-year-old Citroën 2CV in France.
12.00 M'T Mike searches for a Renault Alpine A310.
1.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **A Minecraft Movie** Fantasy starring Jack Black. (2025, PG, 101min) ★★★
8.35 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★
11.25 **Nuremberg** As 8.00pm.
1.55 PM **Borderline** As 10.30pm.
3.40 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
6.00 **28 Years Later** Danny Boyle's horror sequel with Jodie Comer. (2025, 15, 115min) ★★★★

10.30 Borderline

8.00 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon, Colin Hanks, Leo Woodall and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Borderline** Dark comedy thriller with Ray Nicholson and Samara Weaving. (2025, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **PREMIERE Cookster: The Darkest Days** British crime drama starring Craige Middleburg. (2024, 15, 119min)
2.15 **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
3.40 **The Phoenician Scheme** Wes Anderson's offbeat comedy. (2025, 15, 101min) ★★★
5.25 **to 7.00** AM **Safe House** Thriller. (2025, 15, 90min)

Sky Cinema Science Fiction

303 303 403 503 517

6.00 AM **Jules** (2023, 12) ★★★
7.40 **The Matrix Reloaded** Thriller. (2003, 15, 137min) ★★★★
10.00 **The Matrix Revolutions** Thriller. (2003, 15, 129min) ★★★
12.15 PM **The Matrix: Resurrections** Thriller. (2021, 15, 148min) ★★★
2.45 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★
4.50 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
6.30 **Men in Black II** Sci-fi comedy sequel. (2002, PG) ★★★

4.50 Men in Black

8.00 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith and Tommy Lee Jones. Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. (2012, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment as a robot child who goes on a quest to become a real boy and win his human mother's love. With Frances O'Connor and Jude Law. (2001, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Blade 2** Action horror sequel starring Wesley Snipes. (2002, 18, 117min) ★★★★
2.20 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
4.40 **to 6.35** AM **Children of Men** Sci-fi thriller with Clive Owen. (2006, 15, 109min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **The Bridges at Toko-Ri** War drama starring William Holden. (1954, U, 99min) ★★★
9.00 **Empire of the Sun** Steven Spielberg's epic drama. (1987, PG, 152min) ★★★★
11.35 **Ordinary Angels** Drama. (2024, 12, 113min) ★★★★
1.35 PM **I Used to Be Funny**
3.25 **Molly's Game** Fact-based drama. (2017, 15, 137min) ★★★★
5.50 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★
8.00 **Valentine's Day** Romantic comedy with Ashton Kutcher, Jennifer Garner, Anne Hathaway, Julia Roberts and Jessica Biel. (2010, 12, 125min) ★★★
10.05 **Jerry Maguire** Comedy drama starring Tom Cruise, Renée Zellweger and Cuba Gooding Jr. (1996, 15, 139min) ★★★★
12.30 AM **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
2.20 **The Angels' Share** Crime caper. (2012, 15, 96min) ★★★★
4.10 **Cicada** Romantic drama. (2020, 15, 96min) ★★★★
5.55 **to 7.50** AM **The Shamrock Spitfire** Biopic. (2024, 12) ★★★

Sky Cinema Horror

311 311 411 511 525

6.45 AM **The Cinema List: Jurassic**
7.05 **Gator Creek** As 11.40pm.
8.40 **Opus** Thriller with Ayo Edebiri. (2025, 15, 104min) ★★★★
10.30 **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
12.05 PM **Companion** As 3.15am.
1.50 **The Nun** Horror with Demián Bichir. (2018, 15, 96min) ★★★
3.40 **Get Out** Psychological hriller. (2017, 15, 104min) ★★★★★
5.40 **It** Adaptation of the Stephen King chiller, with Bill Skarsgård. (2017, 15, 135min) ★★★★
8.00 **A Quiet Place** Horror with Emily Blunt and John Krasinski. A family must live in silence while hiding from monsters with hypersensitive hearing. (2018, 15, 90min) ★★★★
9.45 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
11.40 **Gator Creek** Horror with Athena Strates. (2025, 15, 87min) ★
1.20 AM **There's Something in the Barn** Festive horror comedy. (2023, 15, 100min) ★★
3.15 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
5.05 **to 6.50** AM **The Damned** Mystery starring Odessa Young. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.15 AM **The Last Airbender** Fantasy. (2010, PG) ★★
8.05 **Blithe Spirit** As 10.00pm.
9.55 **Save the Cinema** As 4.15am.
11.55 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
2.00 PM **Zathura: A Space Adventure** (2005, PG) ★★★★
3.55 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel. (2016, 12, 112min) ★★★
6.00 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★

6.00 Peter Rabbit

7.50 **The BFG** Director Steven Spielberg's fantasy adventure based on Roald Dahl's book, starring Mark Rylance and Ruby Barnhill. An orphaned girl befriends a benevolent giant, who takes her off to a magical land. (2016, PG, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

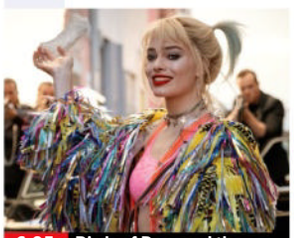
10.00 **Blithe Spirit** Comedy starring Isla Fisher, Dan Stevens and Leslie Mann. A spiritualist medium holds a seance for a writer, but accidentally summons the spirit of his deceased first wife. (2020, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Wiz** Motown musical updating of *The Wizard of Oz*. (1978, U, 133min) ★★
2.20 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
4.15 **to 6.15** AM **Save the Cinema** Fact-based comedy drama. (2021, 12, 109min) ★★★

Sky Cinema Action

307 307 407 507 521

6.35 AM **The Lost World: Jurassic...**
8.50 **Man of Steel** As 12.00m't.
11.10 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
1.30 PM **The Amazing Spider-Man 2** Fantasy. (2014, 12) ★★★
3.55 **The Lost World: Jurassic Park** Monster thriller sequel. (1997, PG, 129min) ★★★
6.05 **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy. (2020, 15, 109min) ★★★★



6.05 Birds of Prey and the...

8.00 **Jurassic Park III** Thriller sequel starring Sam Neill and William H Macy. A palaeontologist gets stranded on an island containing genetically engineered dinosaurs. (2001, PG, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Man of Steel** Fantasy adventure with Henry Cavill. (2013, 12, 143min) ★★★
2.25 AM **Black Hawk Down** Ridley Scott's war drama. (2001, 15, 144min) ★★★
5.05 **The Cinema List: Men in Black Films**
5.25 **to 7.25** AM **The Beekeeper** Thriller starring Jason Statham. (2023, 15, 105min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
9.10 **Click** (2006, 12) ★★★★
11.00 **Police Academy** Comedy. (1984, 15, 95min) ★★★
12.50 PM **Police Academy 2: Their First Assignment** (1985) ★★
2.25 **Police Academy 3: Back in Training** (1986, PG) ★
3.55 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
6.00 **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★

8.00 Yesterday

8.00 **Yesterday** Comedy written by Richard Curtis, directed by Danny Boyle and starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Alfie** Comedy drama remake starring Jude Law as a limousine driver who enjoys a carefree existence in Manhattan flitting from one romantic conquest to the next. (2004, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Billy Madison** Comedy. (1995, PG, 90min) ★★
1.25 AM **Role Models** Comedy. (2008, 15, 99min) ★★★★
3.10 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
4.55 **to 6.45** AM **Jackass Presents: Bad Grandpa** Comedy. (2013, 15, 92min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.50 AM **The Godfather Part III**
9.50 **Split** M Night Shyamalan's thriller. (2016, 15, 117min) ★★★
11.55 **Drop** Thriller with Meghann Fahy. (2025, 15, 95min) ★★★★
1.40 PM **The Equalizer** Thriller. (2014, 15, 132min) ★★★
4.05 **The Equalizer 2** Thriller sequel with Denzel Washington. (2018, 15, 121min) ★★★
6.15 **Eye in the Sky** Thriller starring Helen Mirren. (2015, 15, 112min) ★★★★

10.00 Sleepers

8.00 **Snatch** Guy Ritchie's crime comedy drama starring Jason Statham, Benicio Del Toro, Brad Pitt and Dennis Farina. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

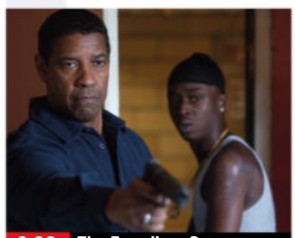
10.00 **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro, Dustin Hoffman, Jason Patric and Brad Pitt. Years after being abused by guards at a reform school, four former teenage friends take their revenge. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Pulp Fiction** Quentin Tarantino's comedy thriller. (1994, 18, 154min) ★★★★★
3.10 **to 6.00** AM **The Godfather Part III** Concluding chapter of the grand gangster epic. (1990, 15, 162min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Art of Racing in the Rain** Comedy drama. (2019, PG, 110min) ★★★
1.05 PM **Think Like a Dog** Comedy drama. (2020, PG, 91min) ★★
2.55 **Sword of Sherwood Forest** Adventure. (1961, U) ★★★
4.45 **Rat Race** Road comedy. (2001, 12, 112min) ★★★
6.55 **The Greatest Showman** Musical with Hugh Jackman. (2017, PG, 102min) ★★★★



9.00 The Equalizer 2

The Greatest Showman (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Ashton Sanders and Orson Bean. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Integrity of Joseph Chambers** Drama starring Clayne Crawford. An insurance salesman, hoping to prove his survivalist skills to his family, goes hunting alone. (2022, 15, 96min) ★★★
1.10 **to 3.25** AM **First Love** Japanese crime drama with Sakurako Konishi. Subtitled. (2019, 15, 108min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Blockbusters

302 302 402 502 516

6.35 AM **Stuart Little** As 3.20am.
8.05 **Despicable Me 4** As 5.25am.
9.40 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
11.40 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★
2.30 PM **The Hobbit: An Unexpected Journey** Peter Jackson's fantasy adventure. (2012, 12, 165min) ★★★

5.20 **The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy adventure, the second part of his adaptation of JRR Tolkien's children's novel. (2013, 12, 161min) ★★★★
8.00 **The Hobbit: The Battle of the Five Armies** Conclusion of Peter Jackson's fantasy adventure trilogy, starring Martin Freeman. (2014, 12, 144min) ★★★
10.35 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★

1.10 AM **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
3.20 **Stuart Little** Fantasy adventure. (1999, U, 84min) ★★★★★
5.00 **Sky Cinema Preview**
5.25 **to 7.10** AM **Despicable Me 4** Animated comedy adventure sequel. (2024, U, 94min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.10 AM **Demolition Man** Sci-fi thriller. (1993, 15, 114min) ★★★
9.05 **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
11.20 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
1.30 PM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
3.45 **Twister** Disaster drama starring Helen Hunt and Bill Paxton. (1996, PG, 114min) ★★★

5.40 **Godzilla** Hollywood remake of the Japanese monster movie. (1998, PG, 139min) ★★★
8.00 **The Mummy** Action adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. (1999, 15, 124min) ★★★★
10.05 **Robin Hood: Prince of Thieves** Adventure with Kevin Costner, Morgan Freeman and Alan Rickman. (1991, PG, 138min) ★★

12.30 AM **Twister** As 3.45pm.
2.25 **Taxi Driver** Martin Scorsese's disturbing drama starring Robert De Niro and Jodie Foster. (1976, 18, 110min) ★★★★★
4.20 **to 6.05** AM **3.10 to Yuma** Western starring Glenn Ford. (1957, b/w, PG, 80min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **The Garfield Movie** Animated family adventure. (2023, U, 101min) ★★★
9.10 **Trolls** Animated musical. (2016, U, 92min) ★★★
10.50 **The Wild Robot** As 7.30pm.
12.40 PM **Shrek** As 9.20pm.
2.20 **Flushed Away** Animation. (2006, U, 85min) ★★★★
4.00 **Home** Animated adventure. (2014, U, 94min) ★★★

5.45 **Turbo** Animated comedy with the voice of Ryan Reynolds. (2013, U, 92min) ★★★★
7.30 **The Wild Robot** Animation with the voice of Lupita Nyong'o. (2024, U, 102min) ★★★★
9.20 **Shrek** Animated comedy with the voices of Mike Myers, Eddie Murphy and Cameron Diaz. (2001, U, 90min) ★★★★★
10.55 **The Amazing Maurice** Animated adventure featuring the voice of Hugh Laurie. (2022, PG, 93min) ★★★★

12.40 AM **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
2.30 **The Swan Princess** Animation. (1994, U, 89min) ★★★
4.05 **Flushed Away** As 2.20pm.
5.45 **to 7.25** AM **The Amazing Maurice** As shown at 10.55pm.

Movies 24

312 313 419

7.00 AM **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
9.00 **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★
11.00 **Hanukkah on Rye** Romantic comedy. (2022, PG, 90min) ★★
1.00 PM **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
3.00 **PREMIERE** **Home Turf** Romantic comedy drama. (2025, PG, 84min) ★★

5.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
7.00 **The Blessing Bracelet** Romantic drama starring Amanda Schull and Carlo Marks. (2023, PG, 90min) ★★
9.00 **Blind Date Book Club** Romantic drama starring Erin Krakow and Robert Buckley. A Nantucket bookshop owner known for matchmaking others finds love with a bestselling author who visits her store. (2024, PG, 90min) ★★

11.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
1.00 AM **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★
3.00 **to 5.00** AM **Heart of the Manor** Comedy. (2021, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Jackpot** (1960, PG) ★★★
7.20 **Dick Tracy Meets Gruesome** Adventure. (1947, b/w, PG) ★★★
8.35 **The Breaking Point** (1960) ★★
9.45 **Gorgo** Fantasy. (1960, PG) ★★
11.20 **The Beverly Hillbillies** (S2)
11.55 **The Sundowners** Western. (1950, PG, 83min) ★★★
1.40 PM **The Ghost of Greville Lodge** Ghost story. (2000, PG) ★★
3.30 **The Vise** 32/39. (S1)

4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **The Strange Case of Sherlock Holmes & Arthur Conan Doyle**
7.50 **Look at Life**
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 7/8. (S2)
9.10 **Who Do You Do?**
9.45 **Adventures of a Taxi Driver** Comedy. (1976, 18, 86min) ★
11.30 **The Heritage Chart Show**
12.35 AM **Let's Spend the Night Together** The Rolling Stones.

2.20 **Beat Girl** Drama starring Gillian Hills and David Farrar. (1959, b/w, 12, 85min) ★
4.05 **Glimpses: Just for Fun**
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 2/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
11.00 LIVE **WSL Manchester City v Everton.** Coverage of the top-flight match staged at Joie Stadium. Kick-off **12.00noon**.
2.00 PM LIVE **SPFL Dundee v Hearts.** Coverage of the Scottish Premiership match staged at Dens Park. Kick-off **2.00pm**.
4.00 LIVE **SPFL Aberdeen v Rangers.** Coverage of the Scottish Premiership match from Pittodrie. Kick-off **4.30pm**.
6.45 LIVE **NFL** Coverage of the third Wild Card play-off match.
9.30 LIVE **NFL** Coverage of the fourth Wild Card play-off match.
1.00 AM **NBC's FNIA**
1.10 LIVE **NFL** Coverage of the fifth Wild Card play-off match.
4.30 **to 6.00** AM LIVE **WTA & ATP Tennis** Further coverage of the Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League Review**
9.00 **The Sunday Supplement**
11.00 LIVE **WSL Manchester City v Everton.** Coverage of the top-flight game at Joie Stadium. These two sides last met in the reverse fixture back in November as the hosts won a tight contest 2-1. Khadija Shaw scored a 54th-minute winner to give City three points as they moved to the top of the table. Kick-off **12.00noon**.
2.30 PM **Premier League Stories**
3.00 LIVE **Baller League** Coverage of the finals of the UK-based version of the six-a-side football league at Copper Box Arena.
8.00 **Premier League Review**
9.00 **Premier League Stories** A profile of Micky van de Ven.
9.30 **The Big Interview**
10.00 **Cult Heroes** Player profiles.
11.00 **Premier League Years**
1.00 AM **PL Retro** Newcastle United v Manchester United in 1996/97.
2.45 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **WSL** Arsenal v Man United.
6.30 **SPFL Highlights** Celtic v Rangers.
7.00 **Edinburgh Derby**
8.00 **Old Firm Derby Best Goals**
8.30 **Edinburgh Derby Best Goals**
9.00 **SPFL Highlights** Celtic v Rangers.
9.30 **Edinburgh Derby**
10.30 **WSL** Arsenal v Man United.
11.00 **EFL Cup Highlights**
12.00 NOON **150 Years of the Edinburgh Derby**
1.00 PM LIVE **SPFL Dundee v Hearts.** The Scottish Premiership match. Kick-off **2.00pm**.
4.00 LIVE **SPFL Aberdeen v Rangers.** Coverage of the Scottish Premiership match from Pittodrie. Kick-off **4.30pm**.
7.00 **WSL** Arsenal v Man United.
7.30 **EFL League One & Two Goals**
8.30 **EFL Cup Highlights**
9.30 **WSL** Recent highlights.
10.30 **SPFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **1983: When Aberdeen Ruled Europe** Documentary.
3.00 **EFL Greatest Games**
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League Adelaide Strikers v Perth Scorchers.** Coverage of the T20 match at Adelaide Oval.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Recent action.
1.00 PM **Best of Jimmy Anderson**
1.10 **Best of Sky Cricket**
1.20 LIVE **SA20 Sunrisers Eastern Cape v Durban Super Giants.** Coverage of the match at St George's Park. The hosts easily won this meeting last year as they chased down their target with 28 balls to spare to win by six wickets.
5.00 **Big Bash League**
7.00 **SA20** Recent highlights.
8.00 **WPL** Delhi Capitals v Gujarat Giants at DY Patil Stadium.
9.00 **Big Bash League**
10.00 **SA20** Recent highlights.
11.00 **Big Bash League**
2.20 AM **Best of Jimmy Anderson**
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **Big Bash League**
5.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
11.00 **DP World Tour Golf**
5.00 PM **Junior Golf** Highlights from the 2025 Justin Rose Telegraph Junior Golf Championship.
5.30 **Rory's 2025** A look at a year in the career of Rory McIlroy.
7.00 **PGA Tour Golf** A chance to see day four of the 2025 St Jude Championship, the first event in the FedExCup play-offs staged at TPC Southwind in Memphis.
1.00 AM **Junior Golf** Highlights from the 2025 Justin Rose Telegraph Junior Golf Championship.
1.30 **The Players Championship**
2.30 **Nick Dougherty's Winter Tee Time Tips 2022**
3.30 **Nick Dougherty's Tee Time Tips**
4.30 **Best of the Open Zone 2024**
5.30 **to 6.00** AM **The Best of the Hero Masterclass**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **WTA & ATP Tennis**
6.30 **ATP Tennis** Brisbane Open final.
8.30 **United Cup Tennis** Action from the final at Ken Rosewall Arena.
10.30 LIVE **ATP Tennis** Coverage of the first day of the ATP Auckland Open, a hard-court tournament at ASB Tennis Centre in Parnell.
12.00 M'T **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open and WTA Hobart Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **The Breakdown**
6.30 **Emirates FA Cup**
8.30 **Training Day** Grenfell Athletic.
8.45 **Alpine Skiing** From Adelboden.
9.15 LIVE **Alpine Skiing** Coverage from Adelboden, Switzerland.
10.45 LIVE **Alpine Skiing** Coverage of the super-G from Zauchensee.
12.30 PM LIVE **Alpine Skiing** Further coverage from Adelboden.
1.30 LIVE **Emirates FA Cup Portsmouth v Arsenal.** The third-round tie at Fratton Park. Kick-off **2pm**. *See feature, page 28.*
4.00 LIVE **Emirates FA Cup Manchester United v Brighton & Hove Albion.** The third-round tie at Old Trafford. Kick-off is at **4.30pm**. *See feature, page 28.*
7.00 LIVE **Spanish Super Cup** The final held at King Abdullah Sports City Stadium in Jeddah, Saudi Arabia. Kick-off is at **7.00pm**.
9.30 **Dakar Rally Saudi Arabia**
10.30 **TNT Sports Reload**
11.00 **Emirates FA Cup**
2.00 AM **Spanish Super Cup**
3.00 **TNT Sports Reload**
3.30 **Alpine Skiing** Recent action.
5.00 **to 6.00** AM **Ski Jumping**

TNT Sports 2

411 414 522 409 431

6.00 AM LIVE **Isuzu UTE A-League Melbourne City v Newcastle Jets.** Coverage of the match at AAMI Park. Kick-off **6.00am**.
8.00 LIVE **IBSF World Cup** Coverage from St Moritz-Celerina.
9.00 **The Breakdown**
9.30 LIVE **IBSF World Cup** Further coverage from St Moritz-Celerina.
10.30 **Livigno: Oltre la Neve**
11.30 LIVE **Emirates FA Cup Derby County v Leeds United.** Coverage of the third-round game at Pride Park. Kick-off **12.00noon**.
2.30 PM LIVE **International T20 Cricket Sri Lanka v Pakistan.** The third T20 staged at Rangiri Dambulla International Stadium.
5.15 **TNT Sports Cricket Reload**
5.30 **Formula E Highlights**
6.30 **Serie A** AS Roma v Sassuolo.
7.30 LIVE **Serie A Inter Milan v Napoli.** Italian top-flight action at the San Siro. Kick-off **7.45pm**.
9.45 **What I Wore** Michel Salgado.
10.00 **One-Day International Cricket**
11.00 **International T20 Cricket**
12.00 M'T **The Edge** Fifth Ashes Test.
1.00 AM **UFC: The Ultimate Fighter**
5.00 **to 6.00** AM **Formula E**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
2.00 PM **NFL Gameday**
6.00 LIVE **NFL** Coverage of the third Wild Card play-off match, as the teams compete for a place in the Divisional play-off round.
9.30 LIVE **NFL** Coverage of the fourth Wild Card play-off match, as the teams compete for a place in the Divisional play-off round. The Philadelphia Eagles welcomed the Green Bay Packers to Lincoln Financial Field in the corresponding fixture last year, and booked their place in the next round following a 22-10 victory.
1.00 AM **NBC's FNIA** A preview of tonight's Wild Card play-off.
1.10 LIVE **NFL** Coverage of the fifth Wild Card play-off match, as the teams compete for a place in the Divisional play-off round. The Washington Commanders won their first play-off game since the 2005/06 season when they beat the Tampa Bay Buccaneers 23-20 at this stage last year.
4.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM LIVE **WTA Tennis** Coverage of the WTA Brisbane Open final, a hard-court tournament staged at Queensland Tennis Centre.
8.30 LIVE **ATP Tennis** Coverage of the ATP Brisbane Open final from Queensland Tennis Centre.
10.30 **The Sunday Supplement**
11.00 LIVE **WSL** Simultaneous coverage of today's matches in the Women's Super League kicking off at **12.00noon**, as viewers get to see all the goals and talking points as they happen.
2.30 PM **Sports Sunday**
3.00 LIVE **Baller League** Coverage of the finals of the UK-based version of the six-a-side football league at Copper Box Arena.
8.00 LIVE **NBA Basketball Orlando Magic v New Orleans Saints.** Coverage of the inter-conference match staged at Kia Center. Tip-off **8.00pm**.
10.30 **Sky Sports Catch Up**
12.00 M'T **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open and WTA Hobart Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
8.00 **SA20** Recent action.
10.00 **World Darts Championship**
11.00 LIVE **WSL Chelsea v West Ham United.** Coverage of the top-flight match staged at Kingsmeadow. Kick-off **12.00noon**.
2.00 PM LIVE **WPL Delhi Capitals v Gujarat Giants.** Coverage of the women's T20 match staged at DY Patil Stadium in Navi Mumbai.
5.30 **Best of ICC WT20**
5.45 **Best of England v South Africa**
6.00 **ATP Tennis** Hong Kong Open.
8.00 LIVE **NBA Basketball Orlando Magic v New Orleans Saints.** Coverage of the inter-conference match staged at Kia Center. Tip-off **8.00pm**.
10.30 **The Players Championship**
11.30 **WTA Tennis** Brisbane Open final.
1.30 AM **NFL Bitesize Highlights**
2.00 **SA20** Recent action.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **US Open Official Films**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **A-League Women Melbourne Victory v Brisbane Roar.** Kick-off is at **6.00am**.
8.00 **TNT Sports Reload**
8.15 **Alpine Skiing** From Adelboden.
8.45 LIVE **Luge** From Winterberg.
9.15 **Training Day**
9.45 LIVE **Biathlon** From Oberhof.
11.15 LIVE **Luge** From Winterberg.
11.45 **TNT Sports Reload**
12.00 NOON **Roll the Tape**
1.00 PM LIVE **Snooker Masters Shuan Murphy v Wu Yize.** The first-round match from London.
4.30 **Isuzu UTE A-League**
6.30 **Training Day**
7.00 LIVE **Snooker Masters Mark Selby v Xiao Guodong.**
10.30 **Ultimate Pool** Recent action.
12.00 M'T **Formula E Highlights**
1.00 AM **Serie A** Inter Milan v Napoli.
2.00 **Snooker Masters** The first day.
4.00 **Ultimate Pool** Recent action.
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **TNT Sports Cricket Reload**
7.45 LIVE **One Day International Cricket India v New Zealand.** Coverage of the opening match in the three-game series staged at Baroda Cricket Association Stadium in Gujarat.
4.30 PM **TNT Sports Cricket Reload**
4.45 **Spanish Super Cup**
6.45 LIVE **Spanish Super Cup** Coverage of the final at King Abdullah Sports City Stadium in Jeddah. Kick-off **7.00pm**.
9.30 **UEFA Champions League – Stories of the Finals**
9.45 **Training Day** Grenfell Athletic.
10.00 **Alpine Skiing** From Adelboden.
11.00 **Alpine Skiing** In Zauchensee.
11.30 **Ski Jumping World Cup**
12.30 AM **The Monuments**
1.00 **Livigno: Oltre la Neve**
2.00 **Isuzu UTE A-League**
4.00 **to 6.00** AM **UEFA Champions League – Classics**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
6.30 **LaLiga** Recent action.
10.30 **Champions Cup**
12.30 PM LIVE **Champions Cup Harlequins v Stormers.** Pool Three match. Kick-off **1.00pm**.
3.00 **Sporting Greats**
3.30 **URC in 60** The ninth round.
4.30 **Top 14 Rugby Union Highlights**
5.00 LIVE **Champions Cup Saracens v Toulouse.** Coverage of the Pool One match at StoneX Stadium. Kick-off **5.30pm**.
7.30 **LaLiga Match Highlights**
7.55 LIVE **LaLiga** Coverage of a Spanish top-flight match.
10.00 **Sporting Greats**
11.00 **NHL Tonight** The top 50 players.
12.00 M'T LIVE **NHL Ice Hockey Nashville Predators v Washington Capitals.** The inter-conference match. Face-off **12m't**.
3.00 AM **Sporting Countdowns**
4.00 **to 6.00** AM **LaLiga**

Premier Sports 2

420 552

6.00 AM **Bike World** Magazine.
6.30 **Champions Cup** Scarlets v Pau.
8.30 **Eredivisie** PSV v Excelsior.
10.30 **Champions Cup**
12.30 PM LIVE **Champions Cup Toulon v Munster.** The Pool Two encounter. Kick-off **1.00pm**.
3.00 LIVE **Champions Cup Bordeaux Begles v Northampton Saints.** Coverage of the Pool Four fixture at Stade Chaban-Delmas. Kick-off **3.15pm**.
5.30 LIVE **LaLiga** Coverage of a Spanish top-flight match.
7.30 **LaLiga Match Highlights**
8.00 **Football's Greatest**
9.00 **NHL on the Fly**
10.00 LIVE **NHL Ice Hockey Boston Bruins v Pittsburgh Penguins.** The Eastern Conference match at TD Garden. Face-off **10.00pm**.
1.00 AM **NHL: This is Hockey**
1.30 **Temples of Sport**
2.00 **Eredivisie** A match replay.
4.00 **to 6.00** AM **Champions Cup**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
7.00 **Formula 1** Recent action.
1.55 PM **Ferrari Monza 1975**
2.00 **Formula 1** Hungarian Grand Prix.
4.15 The Dutch Grand Prix.
6.40 **Ted Lego Feature**
6.45 **Formula 1** The 2025 Italian Grand Prix, the 16th round of the season staged at Monza Circuit.
8.45 **Carlos Sainz & the Lie Detector**
9.00 **Formula 1** The 2025 Singapore Grand Prix at Marina Bay Circuit.
11.30 **Lewis Hamilton: Why Heritage Matters**
12.00 M'T **to 6.00** AM **The Best of F1 2025**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

12 January

Evening Planner

Football

FA Cup: Third Round

TNT Sports 1, kick-off 7.45pm

Can Liverpool avoid a potential giant-killing by League One side Barnsley – the 1912 FA Cup champions – tonight?

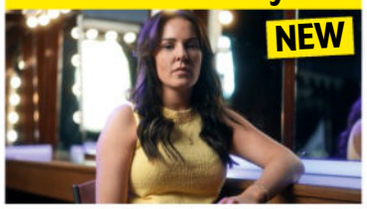
Cookery

Jamie's Feast for a Fiver

C4, 8pm

As we try to recoup some of the expense from the festive period, Jamie is here to help with some budget-friendly recipes.

Documentary



Beauty Queen and the Catfish

BBC3, 9pm, 9.45pm & 10.30pm

Abbie Draper (above) talks about her experience of being harassed online.

Drama

Industry

BBC1, 10.40pm (times vary)

As the drama returns for a fourth series, Sir Henry's (Kit Harington) new marriage to Yasmin (Marisa Abela) is under strain.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Lynley			10.00 News; Local News	10.40 Industry
	102 BBC2	7.00 Global Eye	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 Lucy Worsley's Victorian Murder Club		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 Red Eye		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's Feasts for a Fiver		9.00 Celebrity SAS: Who Dares Wins		10.00 First Dates Beach Club	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 Police: Suspect No 1		10.00 Forensics: Crash Scene Investigators	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 Film: The Bourne Identity			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Top Gear: India Special			9.00 The Beauty Queen & the Catfish			
	116 BBC4	7.00 Snooker: The Masters – Live: Zhao Zintong v Gary Wilson						10.00 Lee Miller: A Life on the Front Line	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars			10.35 The 1%...
	136 MORE4	‹ 6.55 Car S.O.S.	7.55 The Dog House			9.00 Supercruising: Life at Sea		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Blue Bloods		10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD	7.15 Dad's Army		8.00 Blackadder II				10.00 Men Behaving...	10.35 Blackadder...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	7.00 Formula E Highlights		8.00 The Motorbike Show		9.00 Film: Rambo III		10.05 Film: Rambo III	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Out of Order		10.00 Dara O Briain Talks Funny: Live in...	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX	7.10 Stargate SG-1			8.15 Never Mind the Buzzcocks	9.00 A League of Their Own: Mexican Road...		10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Welcome to My World		9.00 Seven Dials Mystery			
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 The Supervet: Noel Fitzpatrick		9.00 Pete Wicks: For Dogs' Sake		10.00 The Supervet: Noel Fitzpatrick	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Scrapyard Dynasty		9.00 Secrets Underground		10.00 Salvage Dawgs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Bam	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Engineering Europe	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Gold Wars Downunder		10.00 Heist: Robbing The Bank of England	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Mediterranean with Simon Reeve		9.00 Russia with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 I Am Paul Walker				9.00 Murder at the Post Office		10.00 I'm Not a Monster: The Lois Riess...	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Borderline		8.00 Nuremberg					10.30 28 Years Later
	302 BLOCKBUSTERS	‹ 5.55 Ocean's Eleven		8.00 Fast & Furious 8					10.20 The Hangover
	303 SCIENCE FICTION	‹ 6.20 Mad Max		8.00 Mad Max 2				9.45 Mad Max Beyond Thunderdome	
	304 GREATS	‹ 5.35 Robin Hood: Prince of Thieves		8.00 Batman					10.10 Batman Returns
	305 ANIMATION	‹ 6.00 The Ogglies	7.40 The Adventures of Tintin: The Secret of the Unicorn					9.40 Home	
	306 FAMILY	‹ 6.00 Stuart Little	7.40 Stuart Little 2			9.10 Jack the Giant Slayer			
	307 ACTION	‹ 5.40 Kraven the Hunter		8.00 Fast & Furious Presents Hobbs & Shaw					10.25 Jurassic World
	308 COMEDY	‹ 6.20 Sixteen Candles		8.00 Mean Girls				9.40 Just Friends	
	309 THRILLER	‹ 5.50 The Perfect Storm		8.00 Three Days of the Condor				10.00 American Gangster	
	310 DRAMA	‹ 6.15 Cicada		8.00 About Time					10.10 Fifty Shades of Grey
	311 HORROR	‹ 6.05 A Quiet Place: Day One		8.00 Trap				9.50 The Exorcist	
	313 FILM4	‹ 6.45 Entrapment				9.00 Mission: Impossible – Rogue Nation			
SPORT	401 MAIN EVENT	7.00 The Transfer Show		8.00 Sports Centre				10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Cult Heroes		8.00 Transfer 360		9.00 PL Review		10.00 Big Interview	10.30 PL Stories
	403 FOOTBALL	‹ 6.30 Bundesliga...	7.30 EFL Goals		8.30 WSL		9.15 SPFL Highlights	9.45 EFL Highlights	10.30 Bundesliga...
	405 CRICKET	7.00 Big Bash League		8.00 WPL		9.00 SA20			
	410 TNT SPORTS 1	‹ 6.30 Emirates FA Cup – Live: Liverpool v Barnsley (Kick-off 7.45)						10.00 FA Cup: The People's Story	
	411 TNT SPORTS 2	7.00 Snooker Masters – Live: Zhao Zintong v Gary Wilson							10.30 The Muddy...

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost ring. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** New edition The Cairngorms. (S)
3.45 **Garden Rescue** New edition A Mediterranean garden. (S)
4.30 **The Travelling Auctioneers** New edition Selling a collection to fund a trip to New Zealand. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.30 Lynley

7 PM

7.00 The One Show
Roman Kemp and Clara Amfo present the topical show. (S)

7.30 EastEnders
Max gets a new fan, Linda runs round after Bea, and Ravi comes to a shocking realisation. (S)(AD)

8 PM

8.00 Panorama
In-depth current affairs report covering a story behind the headlines. (S)

8.30 Lynley
New episode *This Body of Death:* 2/4. Havers and Lynley are assigned the case of a missing estate agent who has recently moved to Horsford and joined a dating app. Together, they uncover the reason for her change of career and a disturbing secret from her past. (S1) (S)(AD)
■ Entire series on BBC iPlayer

9 PM

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 NEW SERIES Industry
1/8. Return of the drama. Yasmin and Whitney team up to devise a plan that helps Tender get closer to the new Labour government. *See feature, page 12.* (S4) (S)(AD)
11.40 NEW TO BBC1 The Beauty Queen & the Catfish 1/3. A nurse who targeted, harassed, exploited and stalked hundreds of women. (S)(AD)
12.25 AM 2/3. Abbie Draper takes her findings to the police. (S)(AD)
1.10 3/3. The victims finally have justice, but are still left urgently searching for answers. *Previously shown on BBC3.* (S)(AD)
1.55 Weather for the Week Ahead (S)
2.00 to 6.00 AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.35 AM **Sign Zone: Antiques Roadshow** From Swansea. (S)(R)
7.35 **Match of the Day: FA Cup** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **LIVE Snooker: The Masters** Mark Williams v Mark Allen: Coverage of the third first-round match. (S)
■ More coverage on BBC4, 7pm
5.15 **Flog It!** The team head to Exeter, where Paul Martin visits Agatha Christie's summer house. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Hammed Animashaun, Adam Buxton, Lisa Snowdon and Lorna Watson. (S)
6.30 **Robson Green's Weekend Escapes** New edition Former England footballer Steph Houghton joins Robson at Crag Pond in Teesdale. (S)(AD)

9.00 Victorian Murder Club

7.00 Global Eye
Featuring investigations from BBC correspondents across the world. (S)

7.30 Celebrity Mastermind
New edition With JB Gill, Susie McCabe, Lucy Shepherd and Richie Anderson. (S)

8.00 Only Connect
New edition The Pitchers take on the Worker Bees in the second semi-final. (S)

8.30 University Challenge
New edition Amol Rajan asks the questions in the opening quarter-final. (S)

9.00 Lucy Worsley's Victorian Murder Club
New edition 2/3. The historian continues her investigation into the Victorian serial killer the Thames Torso Murderer. (S)(AD)
■ Entire series on BBC iPlayer

10.00 Mortimer & Whitehouse: Gone Fishing
3/6. Paul Whitehouse and Bob Mortimer head to the Avon in Hampshire. (S)(R)(AD)

10.30 Newsnight (S)

11.00 FILM Eternal Beauty Romantic comedy drama starring Sally Hawkins, David Thewlis and Billie Piper. (S) (2019, 15, 90min) ★★★
12.30 AM **Snooker: The Masters – Extra** Extended highlights of Mark Williams v Mark Allen. (S)
2.30 Sign Zone: Countryfile (S)(R)
3.25 Sign Zone: Can You Keep a Secret? 1/6. Comedy starring Dawn French. (S1) (S)(R)(AD)
3.55 Sign Zone: Global Eye (S)(R)
4.25 to 6.00 AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team head to Nottingham, where items include an early 20th-century football medal. (S)(AD)
3.00 **Time Is Money** New edition Quiz hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Marc tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Red Eye

7.30 Millionaire Hot Seat
New edition Jeremy Clarkson hosts the quiz in which six hopefuls compete for £1,000,000, with each question being against the clock. (S)
■ Continues on Wednesday

8.00 Emmerdale
A convoy of police vehicles head into the village and the officers want answers. (S)

8.30 Coronation Street
Betsy confronts Becky over her threats, and Daniel hands Will a detention. (S)(AD)

9.00 Red Eye
Series finale 6/6. During the embassy evacuation, Brody breaks loose and helps Hana seize Fox and recover the detonator, but he escapes in a clash with security. (S2) (S)(AD)
■ Entire series on ITVX

10.00 ITV News (S)
10.30 Local News (S)
10.45 NEW TO ITV1 Love Island: All Stars
Maya Jama hosts as famous former Islanders get another shot at finding the one – relationships will be put to the test, heads will turn, and only one pair can be crowned as the winners. *Previously on ITV2.* (S)
12.10 AM **Teleshopping**
3.00 Riches *What Needs to Be Done:* 5/6. Nina's search for the missing money sends her walking in Stephen's trail, and sheds light on Oyin and a past she had buried. (S1) (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 18-20/26. (S5) (S)(R)
7.50 **Everybody Loves Raymond** Triple bill. (S8&9) (S)(R)(AD)
9.10 **Frasier** (S8) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Rob and Fran from London decide to take a gamble on a glampsite in Italy. (S)
5.00 **Junior Bake Off** New edition The bakers recreate their worst nightmare in cake form. (S)(AD)
6.00 **A Place in the Sun** New edition Jasmine Harman helps a couple to find a holiday home in the Manilva region of the Costa del Sol. (S)

9.00 Celebrity SAS: Who Dares Wins

7.00 News (S)

8.00 NEW SERIES Jamie's Feasts for a Fiver
Jamie Oliver demonstrates feasts that cost no more than £5. In the first edition, Jamie makes a chicken hotpot perfect for batch-cooking for a busy week. (S)(AD)

9.00 Celebrity SAS: Who Dares Wins
New edition A brutal race up 27 flights to the top of a dam pushes the recruits hard, after which they must rappel back down the dam before free-falling into the water. (S)(AD)

10.00 First Dates Beach Club
Series finale 8/8. Judah and Sidney's story comes full circle. Meanwhile, Albert, a hairdresser, and Matt, a flight attendant, find common ground in a shared passion for drag. (S)(AD)

11.05 Gogglebox (S)(R)(AD)
12.05 AM **NEW Walter Presents: The Ring** 1/10. Dutch crime thriller with Hannah Hoekstra. Subtitled. (S1)
■ Entire series on C4 streaming.
1.05 Celebrity SAS: Who Dares Wins Double bill. (S)(SL)(R)(AD)
2.55 Ramsay's Kitchen Nightmares USA From Austin, Texas. (S)(SL)(R)
3.45 Couples Come Dine with Me (R)
4.35 Hollyoaks Omnibus (S)(SL)(R)
5.45 to 6.25 AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 6/6. Jean's preparations to leave Sainte Victoire are interrupted by a late-night intruder in her cottage. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Debbie and her son Jude renovate their dream home in Algorfa. (S)
5.00 **News** (S)
6.00 **Secrets of the Royal Palaces** Behind-the-scenes tales of royal residences associated with Queen Victoria. (S)(R)
6.55 **News** (S)

9.00 **Police: Suspect No 1**

7.00 **Motorway Cops: Catching Britain's Speeders** Sgt Dave Roberts pursues a car suspected of having cloned number plates, but the driver refuses to stop. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **Police Interceptors** Documentary following the work of high-speed police interception units on patrol around the country's streets and motorways. (S)

9.00 NEW SERIES **Police: Suspect No 1** Police pursue two suspects on a motorcycle who fled a violent road rage incident in Ellesmere Port, Cheshire, leading to a 90-minute high-speed chase. (S)

10.00 **Forensics: Crash Scene Investigators** In the Yorkshire Dales, a car with five young soldiers onboard crashes in the early hours, and in York, a pedestrian loses her leg in a suspected hit-and-run. (S)(R)

11.05 **Traffic Cops** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Most Scenic Railway Journeys** A journey along the Californian coast. (S)(R)
3.50 **World's Most Scenic River Journeys** The Suwannee. (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S5) (S)(R)
11.00 **Deep Dive North America** (R)
12.00 NOON **The Flash** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 15/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Moho House:* Moe helps Homer and Marge work on their marriage. (S)(R)
5.30 *Looking for Mr Goodbart:* Bart is forced to spend time with Springfield's grandmothers as a punishment. (S)(R)
6.00 **The Office (US)** 7/25. Dwight struggles to close a deal with a female client. (S)(R)
6.30 8/25. Angela calls on Dwight for help. (S9) (S)(R)

9.00 **The Bourne Identity**

7.00 **The Simpsons** *Dogtown:* Springfield's dogs assert their dominance over the humans. (S)(R)
7.30 *Habeus Tortoise:* Homer forms an internet group devoted to solving a mystery involving a tortoise. (S)(R)

8.00 **Whale with Steve Backshall** 1/4. Steve freedives with whales and dolphins, getting closer than ever to record rarely seen behaviours from these extraordinary mammals. (S)(R)(AD)

9.00 FILM **The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente, Chris Cooper, Clive Owen and Brian Cox. (S) (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 **Murder at the Post Office** *Another Side to the Story:* 3/3. Robin is sentenced to 20 years, but key evidence is missing. (R)
12.15 AM **Curb Your Enthusiasm** 3&4/10. Double bill. (S7) (S)(R)
1.30 **The Force: Manchester** (S)(R)
2.30 **Monkey Life** (S)(R)
3.00 **S.W.A.T.** 15/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
1.55am Scotcast (S)(R) **2.25** Weather for the Week Ahead (S) **2.30-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00-8.30pm House of the Year New edition (S) **10.40** Panorama New edition (S) **11.10** NEW SERIES Industry (S)(AD) **12.10am** The Beauty Queen & the Catfish (S)(R)(AD) **1.45-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Bear Grylls: Wild Reckoning New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Bog Amach (S)(R) **11.00** Titanic Sinks Tonight (S)(R) **12.00m't-12.30am** BBC News (S)

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gwlad y Basg: Gwilym Bowen Rhys New edition **8.25** Rhys Patchell: Japan a'r Gic Olaf **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.35** Sgorio **10.05** Y Cyfweliad **10.40-11.45pm** Troseddau Cymru Gyda Sian Lloyd (AD)

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** A new secret Krabby Patty formula has disastrous results for Bikini Bottom. **7.15** Mr Krabs and Plankton take boating school classes.
7.30 **Top Gear: India Special** Jeremy Clarkson, James May and Richard Hammond go on a trade mission to India.
9.00 NEW SERIES **The Beauty Queen & the Catfish** 1/3. A nurse who targeted, harassed, exploited and stalked hundreds of women. **9.45** New edition 2/3. Abbie Draper takes her findings to the police. **10.30** Series finale 3/3. The victims finally have justice, but are still left searching for answers.
11.15 **Matthew Perry and the Ketamine Queen**
12.15 AM FILM **Words on Bathroom Walls** Romantic drama with Charlie Plummer. (2020, 12, 110min) ★★★★
2.00 **to 4.00** AM **The Fast and the Farmer-ish**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM LIVE **Snooker: The Masters** Zhao Zintong v Gary Wilson: Seema Jaswal presents coverage of the fourth first-round match, held at Alexandra Palace in London, played over the best of 11 frames.
10.00 **Lee Miller: A Life on the Front Line** Documentary profile of photographer and war reporter Lee Miller, a woman who lived by her own rules and defied anyone who tried to pin her down or put her on a pedestal.
11.00 **The Search for the Lost Manuscript: Julian of Norwich** Historian Dr Janina Ramirez tells the story of the first book written in English by a woman, which was suppressed for centuries for its controversial theological views.
12.00 M'T **Quentin Blake: The Drawing of My Life**
1.00 AM **Nuts in May**
2.20 **to 3.40** AM **Arena Special: Mike Leigh – Making Plays**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed** Five editions of the B&B contest.
4.50 **A Place in the Sun: Home or Away** A couple view properties in Devon and the south of France.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a rundown Renault Alpine GTA.
6.55 **Car S.O.S** Fuzz and Tim travel to Hampshire to pick up a Ford Mondeo.
7.55 **The Dog House** Lonesome teenager Jasmine seeks a canine companion to replace her twin sister Shola, who's leaving her to start a university course.
9.00 **Supercruising: Life at Sea** The MS *Nieuw Statendam* circles the Caribbean. Dancers Daisy, Freddie and Lauren knuckle down to rehearse a Las Vegas-style performance with solo singer Cassidy.
10.00 **24 Hours in A&E** A 25-year-old man arrives at St George's by helicopter after being involved in a motorcycle accident in which a van ran over his chest
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** With Cleo moving into the Blakes', Theresa fears that her relationship is at risk.
7.30 **The Simpsons** *Treehouse of Horror XX:* Movie monsters gatecrash a Halloween party.
8.00 **First Dates** A woman who loves swimming with sharks meets a man with a phobia of butterflies.
9.00 **Gogglebox** Views on *Planet Earth*, *Culprits* and *Banged Up: Stars Behind Bars.* **10.00** *The Crown* and *Survivor* are appraised.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction's Best Naughty Bits**
1.05 **First Dates**
2.10 **Gogglebox**
4.00 **The Simpsons**
4.25 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Nothing to Declare UK**
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 11/22. The team search for an abducted college student. (S4)
1.00 PM **The Rookie** 11/22. A criminal helps the team take down a bigger threat. (S4)
2.00 **Send in the Dogs**
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

10.00 The Equalizer

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **The Guest Wing**
8.00 **Boardwalk Empire** (S1)
10.10 **The Sopranos** (S1)
12.20 PM **Game of Thrones** (S2)
2.30 **The Wire** 11 & 12/13. (S1)
4.40 **Westworld** 6/10. Elsie discovers evidence that could point to sabotage. (S1)
5.45 **Deadwood** 6/12. The smallpox virus threatens Deadwood's existence. (S1)
6.50 **Game of Thrones** 1/10. Robb Stark marches south to avenge his father. (S2)

9.00 House of the Dragon

Sky Max

113/114 109/110 111 346 361

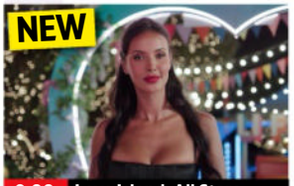
6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 5/20. (S8)
9.00 **Stargate SG-1** (S5)
11.00 **SEAL Team** 4/10. (S6)
12.00 NOON **The Flash** 6/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 15/21. (S3)
4.00 **NCIS: Los Angeles** 3/22. Sam and Kilbride clash. (S13)
5.00 **SEAL Team** 3/10. The members of Bravo are deployed to northern Syria. (S6)
6.05 **Stargate SG-1** 19/22. A dormant android is found on a barren planet. (S5)

9.00 A League of Their Own

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia and Alex: Parenthood**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **The Real Housewives of Orange County**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase** With Charlotte Hawkins.



9.00 Love Island: All Stars

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *Fifty Ships:* A corpse is found on a beach.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *A Fresh Start:* A London gangster arrives in the area to try to rebuild his life after prison, but Sergeant Miller has other ideas.

8.00 Midsomer Murders

7 PM

Sky Witness — 7.00 **Police 24/7** An officer tries to help a woman and her three children looking for shelter.

Sky Atlantic — 7.55 **Game of Thrones** *The Night Lands:* 2/10. Tyrion chastises Cersei for alienating Joffrey's subjects, and Theon is reunited with his father on the Iron Islands. (S2)

Sky Max — 7.10 **Stargate SG-1** *The Sentinel:* 20/22. O'Neill enlists the help of two military prisoners. (S5)

ITV2 — 7.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Kev takes on the Banker for the chance to win a cash prize.

ITV3 — 6.55 **Heartbeat** *The Devil You Know:* Alf poses as a criminal, while Peggy applies to be Lord Ashfordly's housekeeper.

8 PM

Sky Witness — 8.00 **Law & Order: Criminal Intent** *Players:* 17/22. A judge's son is shot dead after a rapper is sentenced in court. (S6)

Sky Max — 8.15 **Never Mind the Buzzcocks** With guests Maisie Adam, Rag'n'Bone Man and Ms Banks.

ITV2 — 8.00 **The Real Housewives of Orange County** Gina, Heather and Emily whisk Shannon away for a relaxing girls' trip.

ITV3 — 8.00 **Midsomer Murders** *Blood Will Out:* Travellers antagonise a magistrate in the sleepy village of Martyr Warren, who is subsequently shot dead. However, his killer may lie closer to home than initially appears.

9 PM

Sky Witness — 9.00 **Blue Bloods** *No Good Dead:* 15/18. Frank takes action after finding out that Sid is in violation of a residency regulation. (S14)

Sky Atlantic — 9.00 **House of the Dragon** *A Son for a Son:* 1/8. Rhaenyra struggles to come to terms with her son's murder.

Sky Max — 9.00 **A League of Their Own: Mexican Road Trip** 1/6. The gang compete in sporting and cultural challenges in Mexico.

ITV2 — 9.00 NEW SERIES **Love Island: All Stars** Maya Jama hosts as famous former Love Islanders get another shot at finding the one.

10 PM

Sky Witness — 10.00 **The Equalizer** 1/10. First episode of the reboot of the 1980s crime drama starring Queen Latifah. (S1)
11.00 **The Rookie** 4/14. (S3)
12.00 M'T **FBI** 11/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 13/22. (S6)
2.00 **Law & Order: Organized Crime** 4/13. (S4)
3.00 **Road Wars** Triple bill.
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic — 10.05 **House of the Dragon** *Rhaenyra the Cruel:* 2/8. Ser Criston Cole concocts a misguided plan for revenge. (S2)
11.20 **Deadwood** As 5.45pm.
12.25 AM **The Sopranos** 1/13. FBI interest mounts in the waste disposal business. (S2)
1.30 **Game of Thrones** (S2)
3.40 **Urban Secrets**
4.35 **In Treatment**
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max — 10.00 **An Idiot Abroad** 2/8. Karl Pilkington arrives in India, where he attends a spring festival and pays a visit to the Taj Mahal.
11.00 **Fear the Walking Dead** 6/15. Conflict arises as the boat approaches its destination. (S2)
12.00 M'T **Creature Commandos** 1 & 2/7. Double bill. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Rapid Response**
3.00 **S.W.A.T.** 15/21. (S3)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2 — 10.35 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are based around logic and common sense.
11.35 **Family Guy** (S12)
12.35 AM **American Dad!** New episode 12/22. Francine joins a gardening club. (S20)
1.05 **American Dad!** 9/24. (S15)
1.35 **Olivia Attwood's Bad Boyfriends**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3 — 10.00 **Foyle's War** *Among the Few:* Sam and Foyle are shot at and almost run over by a speeding vehicle – and an undercover investigation reveals the detective's son Andrew to be involved.
11.55 **Trial & Retribution** 2/2. Pat is forced to deal with a complainer who has been hounding the station. (S3)
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Banjo and Ro's Grand Island Hotel**
2.30 **Sign Zone: Island Crossings**
3.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Mountain**
8.00 **The Repair Shop on the Road** New edition Restoring a model of the Falkirk Wheel.
8.45 **Beechgrove Repotted**
9.00 NEW **Greer Ralston: Giving It All to Art** A profile of the artist.
10.00 **Banjo and Ro's Grand Island Hotel** New edition 2/6. Tackling the ruined entrance of Ulva House.
10.30 **Two Doors Down** 2/6. Cathy and Colin have a bust-up. (S1)
11.00 **Scotcast** Discussion.
11.30 PM **to 12.00** M'T **Situationships with Sophie and Christine**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 9 & 10/10. (S1)
10.15 **Sex and the City** (S6)
11.25 **Entourage** (S8)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 1 & 2/10. (S2)
4.00 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S3)
6.45 **Community** (S1)
7.45 **Sex and the City** 3/20. Charlotte is shocked by the changes she has to make.
8.20 4/20. Miranda misinterprets her date's stomach troubles. (S6)
9.00 **Bill Maher: Adulting** A stand-up special filmed at Miami's Fillmore Theatre.
10.15 **And Just Like That...**
11.00 **Community** (S1)
12.00 M'T **Entourage** (S8)
1.15 AM **Ballers** (S2)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Pavarotti in the Park** From 1991.
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering: Sigourney Weaver**
1.00 PM **Tales of the...**
2.00 **Stories from Tate Britain** Documentary.
3.00 **Battle of the Irish Dancers** Documentary
4.00 **The Directors**
5.00 **Discovering:**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Welcome to My World**
9.00 **Seven Dials Mystery**
11.55 **LSO: Inaugural Concert 2024 – Sir Antonio Pappano**
2.00 AM **Jamie Cullum Live at Blenheim Palace**
4.20 **Inside Art**
5.10 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *Chain of Command – Part One:* 10/26. Picard goes on an espionage mission. (S6)
8.00 **Star Trek: Deep Space Nine** *The Siege of AR-558:* 8/26. Sisko takes command of a bedraggled squadron of Starfleet troops. (S7)
9.00 **FBI** 7&8/22. (S5)
11.00 **Grimm** 11/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz show hosted by Ben Shephard.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the quiz hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow** The comedian hosts a revival of classic game show *Take Your Pick*, with a selection of plucky audience members going up against the gong and play the famous Yes/No game.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.10 **The Waltons** 9/25. (S1)
10.10 **Little House on the Prairie** (S4)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** 8/8. (S4)
5.20 **Doctor Finlay** 6/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 16–18/26. (S7)
9.00 **Dear John** 4/7. The divorced teacher is invited to a party.
9.40 5/7. The teacher spends some time with his son Toby.
10.20 6/7. The singleton's colleague and friend Ken has a 14-year itch. (S1)
11.00 **Born and Bred** (S4)
12.00 M'T **Down to Earth** (S4)
1.10 AM **Rumpole of the Bailey** 1/6. (S1)
2.10 **Home to Roost** (S4)
2.35 **A Fine Romance** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.15 **The Professionals**
12.20 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Professionals**
5.55 **Minder** *Come in T-64, Your Time Is Ticking Away:* Arthur's firm is targeted by saboteurs, so he drafts in Terry to help protect his interests.

9.00 Rambo III

7.00 Formula E Highlights The Mexico City E-Prix: Action from the second race held at Autódromo Hermanos Rodríguez.

8.00 The Motorbike Show Henry Cole trains to become a volunteer motorcyclist delivering blood to hospitals.

9.00 FILM Rambo III Violent action adventure sequel starring Sylvester Stallone as the fearless warrior on a rescue mission in Russian-occupied Afghanistan. With Richard Crenna. (1987, 18, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 Lost 3/25. The survivors begin to suspect something else is lurking in the jungle. (S1)
12.00 M'T **Minder** Double bill.
2.00 AM **The Professionals**
2.50 Unwind with ITV
3.30 to 4.00 AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 1/26. (S5)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 2/26. (S5)
2.00 **Primeval** 5&6/6. (S5)
4.00 **Stargate SG-1** 12/22. (S1)
5.00 **Star Trek: Enterprise** (S4)
6.00 **Star Trek: The Next Generation** 1/26. Part two of two. Picard risks an intergalactic conflict by involving Starfleet in the Klingon civil war. (S5)

2.00 Primeval

7.00 Star Trek: Deep Space Nine *The Ship:* 2/26. The life of a severely injured crew member hangs in the balance. (S5)

8.00 Stargate SG-1 *Bloodlines:* 12/22. Teal'c returns to Chulak to prevent his son being enslaved by the Goa'uld. (S1)

9.00 Grimm *The Believer:* 16/22. An evangelical preacher uses his Wesen identity to try and gain more believers.

10.00 Grimm *Inugami:* 17/22. The severed head of a young man is found under a bridge. (S5)

11.00 Wynonna Earp 6/13. Waverly visits a mysterious woman known as the Blacksmith for a binding ceremony with the bequeathed skull. (S1)
12.00 M'T **The Swarm** 6/8. (S1)
1.00 AM **Primeval** 5&6/6. (S5)
3.00 Wynonna Earp As 11.00pm.
4.00 The Swarm 6/8. (S1)
5.00 to 6.00 AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 20/22. (S5)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 6/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 20/22. (S5)
5.00 **Hudson & Rex** 12/16. An island community is caught up in a resettlement dispute. (S4)
6.00 **Father Brown** *The Royal Visit:* A royal visit is jeopardised when a body is discovered.

7.00 Miss Fisher Murder...

7.00 Miss Fisher's Murder Mysteries *Ruddy Gore:* 6/13. An actor sudenly dies on stage during a production. (S1)

8.00 Death in Paradise *Ye of Little Faith:* 4/8. The team are called to a hotel where a flight attendant has been poisoned. (S3)

9.00 Death in Paradise *An Unhelpful Aid:* 6/8. Fidel and Dwayne investigate when a diver is found dead in shallow waters. (S1)

10.00 Father Brown *The Sands of Time:* Brenda finds love at the home of a clock collector, but she may have fallen for a killer.

11.00 Father Brown As 6.00pm.
12.00 M'T **So Help Me Todd** 6/21. Margaret and Francey enlist the help of a true crime podcaster to help exonerate a client. (S1)
1.00 AM **Death in Paradise** (S1)
2.00 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.40 AM **Highlights**
9.35 **Are You Being Served?**
10.10 **Porridge**
10.50 **Keeping Up Appearances**
11.30 **Last of the Summer Wine**
12.45 PM **The Green Green Grass**
1.25 **Ever Decreasing Circles**
2.00 **The Thin Blue Line**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.35 **Last of the Summer Wine**
5.55 **Keeping Up Appearances**
6.35 **Porridge**

4.00 Ever Decreasing Circles

7.15 Dad's Army A major from Area HQ decides Corporal Jones is too old to be in the Home Guard.

8.00 Blackadder II Edmund takes in a young boy as his manservant.
8.40 Edmund is made Lord High Executioner and cuts off a nobleman's head prematurely.
9.20 Edmund embarks on a voyage around the Cape of Good Hope.

10.00 Men Behaving Badly Gary fixes up a burglar alarm in forlorn efforts to impress Deborah.
10.35 Blackadder II As 8pm.
11.15 Blackadder II Double bill.
12.35 AM **Men Behaving Badly**
1.10 Blackadder II Triple bill.
3.30 to 4.00 AM **The Thin Blue Line** Constable Goody turns green with envy when Constable Habib falls head over heels for a fireman.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **James May's Things You Need to Know** Engineering.
7.50 **Border Force: America's Gatekeepers** Double bill.
9.45 **Guy Martin's WWI Tank**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** The seafood chef joins a family feast in Corfu.

11.00 Taskmaster

7.00 Would I Lie to You? With Jon Richardson, Bob Mortimer, Sarah Millican and David Harewood. **7 PM**
7.40 Richard Osman's House of Games With Des Clarke and Trevor Nelson. **8.20** Contestants include Sarah Kendall and Jay McGuiness. **8 PM**

9.00 QI XL Sandi Toksvig hosts a 'volatile' edition, with panellists Aisling Bea, Mark Watson, Michelle Wolf and Alan Davies. **9 PM**

10.00 Have I Got a Bit More News for You Stephen Mangan hosts the satirical quiz, joined by guests Ross Noble and Ria Lina. **10 PM**
11.00 Taskmaster Greg Davies sets Aisling Bea, Bob Mortimer, Mark Watson, Nish Kumar and Sally Phillips more tasks.
12.00 M'T **Mock the Week** Best bits and unseen material.
12.40 AM **Would I Lie to You?**
2.00 to 4.00 AM **Not Going Out**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Can You Make £10K in 10 Days?**
8.00 **Live Well with the Drug-Free Doctor**
9.00 **24 Hours in A&E** Sara attends with serious head and chest injuries.
10.00 **Catching a Killer: Buried Truths** A fatal stabbing in a Chelmsford bar in November 2024.
11.15 **The Murder of Laci Peterson** Double bill.
1.15 AM **Gogglebox**
2.15 **First Dates Beach Club**
3.20 **Inside the World's Most Luxurious Hotels**
4.15 **to 5.05** AM **Devon and Cornwall**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 16-18/22. (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Yankee White:* 1/23. A senior Navy officer dies on board the president's plane.
7.00 *Hung Out to Dry:* 2/23. A US Marine dies during a training exercise.
8.00 *Seadog:* 3/23. A naval commander's body is washed ashore along with two drug traffickers. (S1)
9.00 **Instinct** *Blast from the Past:* 11/13. Several average people become suicide bombers.
10.00 *Live:* 12/13. Dylan and Lizzie investigate the murder of a film student.
11.00 *Tribal:* 13/13. Dylan and Andy apply to adopt a child. (S1)
11.55 **Law & Order: Special Victims Unit** (S17)
3.40 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Amazing Cleans**
10.00 **22 Kids & Counting**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Barnsley Hospital faces a record-breaking number of patients.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark** A woman arrives by air ambulance after falling 30ft off a castle wall.
11.00 **Skin A&E**
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.20 **Traffic Cops**
10.20 **Police Interceptors**
12.25 PM **FILM Fort Utah** Western adventure. (1967, U, 84min) ★★
2.10 **FILM Run for Cover** Western drama. (1954, PG, 92min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Soldier: For King and Country** Documentary..
10.00 **Warship: Life at Sea** There is a tense situation between HMS *Duncan* and a Russian ship.
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Documentary.
1.00 AM **Ice Road Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.20 AM **MasterChef Australia** Culinary show.
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **The Supervet: Noel Fitzpatrick**
9.00 **Pete Wicks: For Dogs' Sake** New edition Pete meets Chow Chow Nugget who has a longer stay than planned.
10.00 **The Supervet: Noel Fitzpatrick** A five-year-old Bedlington terrier has suffered a fractured leg.
11.00 A Maine Coon cat has a fractured hip joint.
12.00 M'T **Amanda & Alan's Italian Job**
12.40 AM **Louis Theroux: Extreme Love – Autism**
1.45 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.15 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Judge John Deed** *Economic Imperative:* Jo receives a shocking request from a mother.
10.00 **New Tricks** *The Rock – Part Two:* The team come closer to solving the Gibraltar murders.
11.15 **Waking the Dead** *Mask of Sanity – Part Two.*
12.30 AM **Hotel Portofino**
1.50 **One Foot in the Grave**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In the Algarve.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Angus Ashworth: Yorkshire Heritage Hero** New edition The auctioneer answers a plea for help from a single father.
10.00 **The Yorkshire Auction House** Angus is in Sutton Coldfield to look through a collection.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Katherine Ryan, George Shelley, Faye Brookes and Bobby Davro.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities compete in the quiz show to win cash for charity of their choice.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Tenable** A team of five family members take part in the game show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **FILM The Big Lift** Wartime drama. (1950, b/w, PG, 119min) ★★★
12.00 NOON **The High Chaparral** 8/26. (S2)
1.00 PM **FILM Stagecoach** Western starring Ann-Margret and Alex Cord. (1966, PG, 114min) ★★
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Red Sparrow** Espionage thriller with Jennifer Lawrence. (2018, 15, 134min) ★★★
12.00 M'T **FILM The Three Burials of Melquiades Estrada** Offbeat contemporary Western directed by and starring Tommy Lee Jones. (2005, 15, 116min) ★★★
2.30 AM **The Avengers**
3.30 **The New Avengers**
4.20 **to 6.00** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 13/24. (S5)
12.10 PM **FILM Flower Shop Mystery: Mum's the Word** (2016, U) ★★
2.05 **FILM Murder 101** Mystery. (2007, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 14/24. (S5)
8.00 **Unforgettable** (S2)
9.00 **FILM Flower Shop Mystery** Crime drama. (2016, PG, 90min) ★★
10.55 **FILM An Aurora Teagarden Mystery: Last Scene Alive** Crime drama. (2018, PG) ★★
12.50 AM **FILM Running Away** Thriller. (2017, PG) ★★
2.35 **FILM Erasing His Past** Thriller. (2019, PG) ★★
4.00 **to 4.50** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM Summer Villa** Drama. (2016, PG) ★★
10.20 **FILM A Perfect Match** Drama. (2021, PG) ★★
12.10 PM **FILM The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
2.10 **FILM Once Upon a Holiday** Romantic drama. (2015, PG, 85min) ★★
4.05 **FILM Rome in Love** Drama. (2019, PG) ★★
6.00 **FILM Love In Translation** Drama. (2021, U, 88min) ★★
8.00 **FILM PREMIERE Technically Yours** Romantic drama. (2025, PG, 90min) ★★
9.55 **FILM Taking the Reins** Comedy. (2021, PG) ★★
11.45 **FILM Love, Fall & Order** Drama. (2019, U) ★★
1.40 AM **Highway to Heaven**
2.40 **FILM Once Upon a Holiday** As 2.10pm.
4.05 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Soap** 22/25. (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life of Edgar Briggs**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Ain't Misbehavin'** (S1)
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life...**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 6/6. (S1)
7.30 **The Dustbinmen** (S1)
8.00 **The Champions**
9.00 **Ain't Misbehavin'**
10.00 **Game On** 4/6. (S1)
10.35 **Stereo Underground**
11.35 **Star Maidens** (S1)
12.05 AM **Rewind to the 80s**
1.05 **Game On** 4/6. (S1)
1.40 **Discovering Gardens**
2.10 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The *Wizard* crew face a life-or-death situation. **8.00** The *Wizard* crew call in a Coast Guard helicopter.
9.00 **Body Bizarre** Winny has a rare disorder that means her skin falls off. **10.00** In India, baby Chahat weighs as much as a six-year-old.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Man v Food with Casey Webb**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Secret Eats with Adam Richman** Cheesy secrets in Brew City. **9.30** A monster mash-up sandwich in Chicago.
10.00 **Secrets of the Curry Kitchen** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 8/27. (S4)
9.00 **The A-Team** 11/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM Super Cyclone** Action disaster movie. (2012, 12, 90min) ★
1.00 PM **FILM Damn the Defiant!** Adventure. (1962, PG, 97min) ★★★
3.00 **FILM A Study in Terror** Thriller. (1965, 15) ★★★
5.00 **Star Trek** 21/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 12/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM 12 Rounds** Action thriller with John Cena. (2009, 12, 103min) ★★
11.10 **FILM Street Kings** Police thriller starring Keanu Reeves. (2008, 15, 105min) ★★★
1.15 AM **FILM Armed Response** Action thriller. (2017, 15, 93min) ★
3.10 **to 5.00** AM **FILM Peripheral** Sci-fi horror. (2018, 18, 110min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Magma: Volcanic Disaster** Disaster movie. (2006, PG, 87min) ★★
11.00 **Andromeda** 19/22. (S5)
12.00 NOON **FILM 7 Guardians of the Tomb** Thriller. (2018, 12, 90min) ★★
2.00 PM **Jules Verne's Mysterious Island**
4.00 **Walker, Texas Ranger**
5.00 **FILM The Legend of Butch and Sundance** Western. (2004, PG) ★★
7.00 **Andromeda** 20/22. (S5)
8.00 **The Fall Guy** 4/23. (S1)
9.00 **FILM Johnny Handsome** Crime action thriller starring Mickey Rourke. (1989, 15, 94min) ★★★
10.55 **FILM The Butterfly Effect** Sci-fi thriller. (2003, 15, 113min) ★★★
1.05 AM **FILM Johnny Handsome** As 9.00pm.
3.00 **FILM The Legend of Butch and Sundance**
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Forbidden History**
12.00 M'T **World's Greatest Treasure Mysteries**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Operation Pet Rescue**
11.00 **Ben Fogle: New Lives in the Wild** Tuscany
12.00 NOON **World War One in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Dinosaurs from the Deep: Drain the Oceans**
6.00 **Digging Up Britain's Past** HMS *Invincible*.
7.00 **The Pacific War in Colour** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Oregon River.
9.00 **Yorkshire Great and Small with Dan and Helen** From Nidderdale.
10.00 **Reuben: Life in the Dales** Documentary.
11.00 **Susan Calman's Grand Day Out** In Bridlington
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Home Town**
9.00 **100 Day Dream Home**
11.00 **My Lottery Dream Home International**
11.30 **My Lottery Dream Home** Five editions.
2.00 PM **Home Town**
3.00 **Celebrity IOU**
5.00 **100 Day Dream Home**
7.00 **Fixer to Fabulous** A newly engaged couple want their outdated interior renovating. **8.00** A couple want to renovate a home that has been in their family for five generations.
9.00 **Celebrity IOU** Idina Menzel gifts a surprise to her son's coach. **10.00** Kristin Chenoweth enlists help to gift her property managers with a home makeover.
11.00 **Home Town**
1.00 AM **Celebrity IOU**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Inoke has a potentially life-threatening bulge on his shoulder. **8.00** Ronen has a huge lump above his knee.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 2&3/23. (S5)
11.00 **Everybody Loves Raymond** 2-5/25. (S5)
1.00 PM **Friends** (S1)
8.00 **Friends** 15/24. Monica applies for a new job. **8.30** 16/24. Part one of two. Phoebe's twin sister Ursula visits. (S1)
9.00 **Out of Order** New edition Guests Asim Chaudhry and Lou Sanders join host Rosie Jones and captains Judi Love and Katherine Ryan.
10.00 **Dara O Briain Talks Funny: Live in London**
11.05 **Iain Stirling's Roast the Internet**
12.05 AM **Whose Line Is It Anyway? USA**
1.05 **South Park** (S3)
3.30 **The Pep Talk**
3.35 **John Mulaney: New in Town** Stand-up show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 2&3/23. (S5)
7.00 **Everybody Loves Raymond** 2-5/25. (S5)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** 1-6/24. (S1)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** (S3)
3.00 **Reno 911!** (S1)
3.45 **Important Things with Demetri Martin**
4.30 **Spin City** (S5)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 2/11. (S7)
10.50 **Steptoe and Son** (S5)
11.25 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S2)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 6/13. (S1)
3.10 **Minder** 6/11. (S1)
4.15 **Citizen Smith** (S1)
4.45 **Some Mothers Do 'Ave 'Em** 6/7. (S1)
5.25 **Steptoe and Son** (S5)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.20 **Rising Damp** (S1)
7.55 **Minder** 11/11. (S1)
9.00 **Benidorm** 1/7. (S8)
9.55 **Shameless** 1/14. (S11)
11.00 **Minder** 2/13. (S2)
12.00 M'T **Benidorm** (S8)
1.00 AM **Shameless** (S11)
2.00 **Kenny Everett Show**
2.35 **Man About the House**
3.05 **Duty Free** (S3)
3.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 13/14. (S5)
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: Scammed**
2.00 **Catfish: The TV Show**
5.00 **Catfish: On the Run**
6.00 **Celebs on the Ranch** Ten celebrities learn how to be cowboys in Arizona. **7.00** The stars are taught to groom their horses.
8.00 **Teen Mom UK**
9.00 **Skin A&E** Documentary.
10.00 **Ink Master: Angels** New edition The Angels go to Savannah in search of the city's best artists.
11.00 **Black Ink Crew New York** New edition Ceaser and Dutchess are MIA and the lights are out at Black Ink.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

HGTV will cease to broadcast on Wednesday

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Kindig Customs: Road to the Ridler** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.30** The development of lights that are transforming popular sport worldwide.
5.00 **Alaska: Homestead Rescue** The Raneys help a Florida homestead devastated by flooding and alligators.

10.00 Salvage Dawgs

7.00 **Wheeler Dealers World Tour** Mike and Elvis only have a shoestring budget to fix up a Hillman Imp.

8.00 **Scrapyard Dynasty** Terry thinks he can make a quick profit on a vintage motorhome, and Jon has a chance to prove himself.

9.00 **Secrets Underground** Rob Nelson investigates mysterious tunnels under Denver's airport, then heads off to Ohio.

10.00 **Salvage Dawgs** The team save copper elements from a Catholic church. **10.30** Salvaging an theme park attraction.

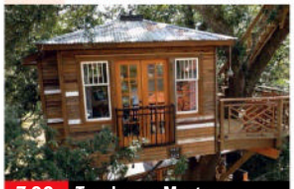
11.00 **Expedition Unknown** Josh has some brand-new intel that may finally solve a 100-year-old mystery.
12.00 M'T **Deadliest Catch**
1.00 AM **Secrets Underground**
2.00 **Salvage Dawgs**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked** With Howie Mandel.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A man upset by his girlfriend's 'demon cat'. **4.00** A cat called Godzilla is not as fearsome as she sounds.
5.00 **Lone Star Law** Game Warden Boone responds to a venomous rattlesnake.
6.00 **Dr Jeff: Rocky Mountain Vet** The team care for kittens.



7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson goes behind the scenes of the past series to revisit some of his favourite projects.

8.00 **Alaska Monsters** The team head to southern Alaska to investigate some sightings of a bigfoot-like creature.

9.00 **Alaska: The Last Frontier** Otto and Charlotte defend against the homestead's first predator attacks.

10.00 **Alaskan Bush People: Book of Bam** An in-depth interview with Bam Bam Brown, who often serves as taskmaster.

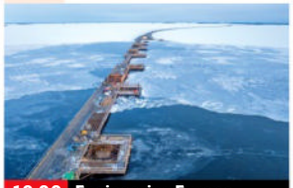
11.00 **The Haunted** A girl is attacked by an invisible entity.
12.00 M'T **Crikey! It's the Irwins** Terri helps release a wild leopard in South Africa.
1.00 AM **Intruders**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: The Apocalypse** Documentary.
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Draining the Thames: What Lies Beneath**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** A secret headquarters made of concrete and steel.



10.00 Engineering Europe

7.00 **Air Crash Investigation** The crash of Air Tahoma Flight 185, a late-night cargo flight from Memphis on approach to Cincinnati.

8.00 **Car S.O.S** Fuzz and Tim attempt to get an ageing rocker back behind the wheel by revamping his 1950s Ford Zodiac.

9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend get to grips with a Lamborghini Espada belonging to a man from Derbyshire.

10.00 **Engineering Europe** The engineering wonders of Europe's northernmost region, including Iceland's lava-defying barriers.

11.00 **Air Crash Investigation** Why Air Florida Flight 90 plunged into a Washington river.
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.30 **Abandoned**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **Mysteries from Above**
1.00 PM **Gold Wars Downunder**
2.00 **American Pickers**
3.00 **Britain's Most Historic Towns** The history of Norwich. **4.00** Exploring Cheltenham. **5.00** Alice Roberts reveals the history of Belfast.
6.00 **American Pickers** A quest to track down a one-of-a-kind trailer absent for decades.

8.00 American Pickers

7.00 **Forged in Fire** Bladesmiths battle it out to recreate a legendary weapon – Attila the Hun's Sword of Mars.

8.00 **American Pickers** New edition Mike Wolfe puts a trusted mechanic in the driver's seat, charging him to take the lead.

9.00 **Gold Wars Downunder** New edition Three mining teams battle it out on the one patch of gold-rich land in Clermont.

10.00 **Heist: Robbing The Bank of England** Part two of two. The story of the 1990 large-scale theft of bearer bonds.

11.00 **Secrets of the Hells Angels** The murder of Margo Compton and her six-year-old daughters.
12.00 M'T **Secrets of the Hells Angels** The experiences of Charles 'Peewee' Goldsmith.
12.55 AM **American Pickers**
1.50 **Gold Wars Downunder**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Secrets in the Ice**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Rise of the Nazis: Dictators at War** Documentary.
11.00 **True Evil: The Making of a Nazi** Adolf Eichmann.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: Dictators at War** Documentary.
5.00 **True Evil: The Making of a Nazi** Adolf Eichmann.
6.00 **Antiques Roadshow**

9.00 Russia with Simon Reeve

7.00 **Great Canal Journeys** Actors Timothy West and Prunella Scales explore the Canal du Midi in the south of France.

8.00 **Mediterranean with Simon Reeve** Simon's journey concludes in Morocco, Spain, Corsica and the French Riviera.

9.00 **Russia with Simon Reeve** The explorer views a commemoration of World War Two in the city of Irkutsk.

10.00 **Bangers & Cash** Derek heads to Scotland in the mother of all rainstorms to pick up a Jaguar E-type and an MGC convertible.

11.00 **Bangers & Cash: Restoring Classics** The team take Derek's advice when he sniffs out the last remaining Hillman GT. **12.00** M'T The team take on a Series 1 Land Rover.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: Dictators at War**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **The Repair Shop: Windrush Special**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop: Windrush Special**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **James May's Shed Load of Ideas** James builds a table to keep pub meals warm.
9.00 **Shed and Buried: Classic Cars** In Wiltshire, Henry and Fuzz admire Morris Minors and vintage mopeds.
10.00 **Shed and Buried**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Chris Parker.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** The murder of Rita Stephens.
8.00 **Murder on CCTV** The case of Cynthia Langrall.
9.00 **The Victorian Murder Files** A woman's head is found in a package.
10.00 **The Suitcase Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Susan Casey.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** The team solve Sinead Healy's murder by her ex-partner Kenneth Lynch.
8.00 **Murder: Point of Contact** The case of 16-year-old Hani Hicham Abou El Kheir.
9.00 **Cold Justice** New edition The murder of a mother who was stabbed to death.
10.00 **The Hunt for the Chameleon Killer** As police hunt the killer, a tangled web of stolen identities is revealed.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice**
3.00 **The Hunt for the Chameleon Killer**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** In 1978, the body of Krisann Baxter is found. **3.00** In 1989, Krista Martin's life is cut short because of an intruder.
4.00 **48 Hours** Bart and Krista Halderson vanish, stunning their community.
5.00 **Medical Detectives** A tragedy on a boat sees the captain drown. **5.30** A wealthy real-estate tycoon is killed. **6.00** An American tourist is killed in a Mexican resort. **6.30** A banker's wife is kidnapped and police struggle with the case.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Death Row Confidential: Secrets of a Serial Killer** New editions
11.00 **Murder in Slow Motion: The Shana Grice Story**
12.00 M'T **Catching the Killer**
1.00 AM **Most Evil Killers**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Icons of Conquest**
9.35 **Ambassadors in Berlin**
10.40 **A Nation Denied**
11.45 **Elmore Leonard: But Don't Try to Write**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Icons of Conquest**
2.55 **Ambassadors in Berlin**
4.00 **A Nation Denied**
5.00 **Elmore Leonard: But Don't Try to Write**
6.15 **Icons of Conquest**
7.30 **Ambassadors in Berlin: The Whistleblowers of WWII** The diplomatic whistleblowers who tried to point out the dangers of the Nazi Party in 1933.
8.40 **A Nation Denied: Ukraine's Battle for History** Tracing 1,000 years of Ukraine's history.
9.40 **Elmore Leonard: But Don't Try to Write**
10.50 **Ambassadors in Berlin**
12.00 M'T **A Nation Denied**
12.55 **to 2.00** AM **Grand Tours of the Scottish Islands**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Basil Rathbone**
8.00 **The Directors**
9.00 **The Movies**
10.00 **Juan Carlos: Downfall of the King** 1/4. Documentary.
11.00 **The Nazi Cartel**
2.00 PM **FILM The Fog of War** Oscar-winning documentary. (2003, PG, 107min) ★★★
4.00 **Discovering: Basil Rathbone**
5.00 **The Directors**
6.00 **The Movies**
7.00 **I Am Paul Walker** A profile of the *Fast and Furious* star.
8.50 **My Icon: Shaun Gayle**
9.00 **Murder at the Post Office** Series finale 3/3. Robin is sentenced to 20 years, but key evidence is missing.
10.00 **I'm Not a Monster: The Lois Riess Murders** 1&2/2. The convicted murderer tells her story for the first time.
1.20 AM **The Legend of the Underground** Documentary.
3.00 **The Last Rider** Documentary.
5.00 **to 6.00** AM **Discovering: Basil Rathbone**

Sky Nature

145 113/114 189 354 369

6.00 AM **Beasts of the Big Blue**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Animal Empires**
10.00 **Arabian Seas**
11.00 **Deep Dive North America**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Animal Empires**
4.00 **Arabian Seas**
5.00 **Uptown Otters**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall** The naturalist freedives with whales and dolphins.
9.00 **Extraordinary Animals**
10.00 **Great Blue Wild** A look at the diverse marine life along the coastline of Mozambique.
11.00 **Uptown Otters**
12.00 M'T **Deep Dive North America**
1.00 AM **Beasts of the Big Blue**
2.00 **Whale with Steve Backshall**
3.00 **Extraordinary Animals**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **Commando Missions**
11.00 **Ancient Aliens Special...**
1.00 PM **Ancient Aliens**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **Commando Missions** The Heraklion Operation.
8.00 Operation Frankton.
9.00 **History's Most Shocking** A paraglider uses his skills and fast-thinking to survive a drop.
10.00 **Death Coast** Jeff Mackinnon must choose to either stay the course or chase a new mystery.
11.00 **Ancient Aliens Special Presentation** How aliens may have influenced or interacted with the United States.
1.00 AM **Ancient Aliens**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Vincent Tabak.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **Don't Open the Door** New edition Chilling tales of lives changed by a knock on the door.
10.00 **The Toolbox Murders** 1&2/2. A sadistic serial killer describes his 1979 killing spree.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Don't Open the Door**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Casey and Brutus: Grizzly Encounters**
10.00 **Wild Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Heartland Docs**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **World's Weirdest** New edition Highlights from the series.
8.00 **South America's Weirdest Animals** A look at animals of unusual size that inhabit the wilds of South America.
9.00 **Predator in Paradise** Focusing on predatory animals that live on beaches.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **Tony Robinson's VE Day: Minute by Minute** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** How the creation of stars changed the cosmos for ever.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Tony Robinson's VE Day: Minute by Minute** A look back at the key events of VE Day.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** 1/2. Henry Cole sets off an epic journey in New Zealand.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Three Up, Two Down**
1.00 PM **Three Up, Two Down**
9.00 **Three Up, Two Down** 1/6. First episode of the comedy starring Angela Thorne and Michael Elphick. A couple are forced to share their house with in-laws after the birth of their first child.
9.40 2/6. An unexpected visitor highlights the problems of the couple forced to live in the same building as their parents.
10.20 3/6. Sam and Daphne fail to see eye to eye over their shared lodgings, while Angie's mother is forced to include Nick's father in her social life.
11.00 4/6. Daphne irritates Sam even more than usual by trying to spice up her social life.
11.40 5/6. Sam sets his heart on an antique and tries to acquire it – but it belongs to Daphne.
12.20 AM 6/6. Daphne decides it is time she came to an understanding with Sam. (S1)
1.00 AM **Three Up, Two Down**
4.35 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** The case of Kathy Chou.
9.00 **The Perfect Murder**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The body of a farm worker found in Montana.
1.00 PM **The Perfect Murder**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Til Death Do Us Part**
7.00 **Deadly Secrets** A tight-knit Mississippi family torn apart after an affair was uncovered.
8.00 Examining the case of widowed Marilyn Burdick, who apparently found new love with Louis Plunkett.
9.00 **The Curious Case of...** Self-styled prophet Sheryl Ruthven manipulates followers to revere cats.
10.00 **Fatal Destination**
11.00 **Lethally Blonde**
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Til Death Do Us Part**
4.00 **to 6.00** AM **Deadly Secrets**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** In New Orleans, a hotel under construction collapses.
7.00 **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Documentary.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Street Outlaws: Locals Only**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues**
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **A Make or Break Holiday**
8.30 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
10.35 **Borderline** As 6.20pm.
12.20 PM **Nuremberg** As 8.00pm.
2.50 **The Phoenician Scheme** Wes Anderson's offbeat comedy. (2025, 15, 101min) ★★★
4.35 **Friendship** Comedy. (2025, 15, 101min) ★★★★
6.20 **Borderline** Dark comedy thriller with Samara Weaving. (2025, 15, 94min) ★★★

10.30 28 Years Later

8.00 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon, Colin Hanks, Leo Woodall and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

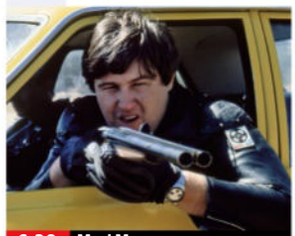
10.30 28 Years Later Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. (2024, 12, 169min) ★★★
3.20 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
4.55 **to 6.25** AM **A Make or Break Holiday** Festive romantic drama. (2025, U, 89min)

Sky Cinema Science Fiction

303 303 403 503 517

6.35 AM **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
8.40 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
10.20 **Men in Black II** Sci-fi comedy sequel. (2002, PG) ★★★
11.50 **Men in Black 3** Sci-fi comedy sequel. (2012, PG) ★★★★
1.40 PM **2012** Epic disaster movie. (2009, 12, 158min) ★★★
4.20 **Passengers** (2016, 12) ★★★
6.20 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★



6.20 Mad Max

8.00 Mad Max 2 Futuristic action thriller sequel starring Mel Gibson as a lone road warrior rescuing a beleaguered community from barbarian bikers. With Bruce Spence. (1981, 18, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Mad Max Beyond Thunderdome Futuristic action thriller sequel starring Mel Gibson. The lone hero falls foul of the dictator of a primitive new community. With Tina Turner and Bruce Spence. (1985, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Blade Runner** Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
1.35 AM **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
3.25 **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★
5.10 **to 7.00** AM **Escape from the 21st Century** Fantasy. (2024, 15, 94min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.50 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
10.05 **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
11.50 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
1.45 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
3.55 **Jerry Maguire** Romantic comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
6.15 **Cicada** Drama starring Matthew Fifer and Sheldon D Brown. (2020, 15, 96min) ★★★★
8.00 **About Time** Romantic comedy fantasy starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. (2013, 12, 120min) ★★★
10.10 **Fifty Shades of Grey** Erotic drama based on EL James' bestseller, starring Jamie Dornan and Dakota Johnson. (2015, 18, 120min) ★★
12.20 AM **Fifty Shades Darker** Erotic drama sequel starring Jamie Dornan and Dakota Johnson. (2017, 18, 118min) ★
2.25 **Fifty Shades Freed** Erotic drama sequel starring Jamie Dornan. (2018, 18, 105min) ★
4.20 **to 6.15** AM **Parachute** (2023)

Sky Cinema Horror

311 311 411 511 525

6.50 AM **Lovely, Dark, and Deep** Horror. (2023, 15, 87min) ★★★
8.30 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
10.15 **It** Horror. (2017, 15) ★★★★
12.40 PM **The Accursed** Horror. (2022, 15, 90min) ★★
2.35 **The Damned** Horror mystery. (2024, 15, 89min) ★★★★
4.20 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
6.05 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 **Trap** Thriller with Josh Hartnett. A serial killer tries to evade a police blockade while attending a concert with his daughter. (2024, 15, 105min) ★★★★
9.50 **The Exorcist** Chiller starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★
11.55 **Presence** Horror thriller starring Lucy Liu and Chris Sullivan. (2024, 15, 84min) ★★★★
1.25 AM **It Feeds** Horror thriller. (2025, 15, 102min) ★★★
3.15 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
4.55 **to 6.30** AM **The Damned**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.15 AM **My Penguin Friend**
8.05 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
10.00 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel. (2016, 12, 112min) ★★★
12.05 PM **It Takes Two** (1995, U) ★
2.00 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
3.50 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
6.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★

6.00 Stuart Little

7.40 Stuart Little 2 Fantasy adventure sequel with the voices of Michael J Fox and Melanie Griffith. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 Jack the Giant Slayer Fantasy starring Nicholas Hoult and Eleanor Tomlinson. A plucky young farmboy scales a giant beanstalk to rescue a stranded princess – and encounters a race of sky-dwelling giants. (2013, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **My Penguin Friend** Family drama starring Jean Reno. (2024, PG, 98min) ★★★★
1.05 AM **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
2.50 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel with the voice of James Marsden. (2010, U, 82min) ★★
4.25 **to 6.00** AM **Yogi Bear** Comedy with the voice of Dan Aykroyd (2010, U, 81 min) ★★★

Sky Cinema Action

307 307 407 507 521

7.25 AM **Mortal Kombat** (1995)
9.20 **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy. (2020, 15, 109min) ★★★★
11.25 **Concrete Utopia** As 2.30am.
1.45 PM **Jurassic Park III** Adventure thriller sequel. (2001, PG, 92min) ★★★
3.35 **The Legend of Tarzan** Adventure. (2016, 12) ★★★
5.40 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★

8.00 Fast & Furious Presents...

8.00 Fast & Furious Presents Hobbs & Shaw Action adventure spin-off starring Dwayne Johnson and Jason Statham. Luke Hobbs and Deckard Shaw must put their differences aside and team up to stop a major terror threat. (2019, 12, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Jurassic World Action adventure sequel starring Chris Pratt. A safari park for genetically engineered dinosaurs creates a new species – only for it to escape and terrorise the tourists. (2015, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Legend of Tarzan**
2.30 **Concrete Utopia** Drama. (2023, 15, 130min) ★★★★
4.45 **The Cinema List: Men in Black Films**
5.00 **to 6.50** AM **Mortal Kombat** Martial arts action fantasy. (1995, 15, 101 min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
8.20 **Alfie** (1966, 15) ★★★★
10.20 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
12.25 PM **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
2.30 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
4.30 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
6.20 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★

9.40 Just Friends

8.00 Mean Girls Teen comedy starring Lindsay Lohan. A 15-year-old girl moves from Africa to America and tries to get to grips with her new high school's various cliques. (2004, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Just Friends Romantic comedy starring Ryan Reynolds and Amy Smart. A womanising music executive tries to woo the girl he adored as a teenager. With Anna Faris. (2005, 12, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Click** Fantasy comedy starring Adam Sandler. (2006, 12, 103min) ★★★★
1.10 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
2.50 **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★
4.40 **to 6.40** AM **Alfie** Comedy drama remake starring Jude Law. (2004, 15, 106min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
7.45 **Kill** Thriller. (2023, 15) ★★★
9.25 **Split** Thriller. (2016, 15) ★★★
11.30 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
1.20 PM **Nightcrawler** Thriller. (2014, 15, 115min) ★★★★
3.20 **Clear and Present Danger** Action thriller. (1994, 12) ★★★
5.50 **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★

10.00 American Gangster

8.00 Three Days of the Condor Conspiracy thriller starring Robert Redford and Faye Dunaway. A bookish CIA researcher on the run from rogue agents kidnaps a photographer to stay alive. (1975, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

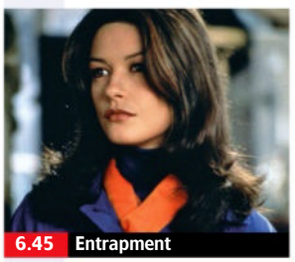
10.00 American Gangster Ridley Scott's crime drama with Denzel Washington, Russell Crowe and Chiwetel Ejiofor. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Reindeer Games** Thriller. (2000, 15, 105min) ★★★★
2.30 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
4.30 **to 6.20** AM **Psycho** Chiller remake. (1998, 15, 100min) ★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **D-Day the Sixth of June** Romance. (1956, PG) ★★
1.10 PM **Rio Grande** Western. (1950, b/w, U, 107min) ★★★★
3.15 **Buchanan Rides Alone** Western. (1958, U, 78min) ★★
5.00 **Earth Vs the Flying Saucers** Thriller with Hugh Marlowe. (1956, b/w, U, 83min) ★★★
6.45 **Entrapment** Thriller with Sean Connery and Catherine Zeta-Jones. (1999, 12, 112min) ★★★



6.45 Entrapment

Entrapment (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Mission: Impossible – Rogue Nation Spy thriller sequel starring Tom Cruise and Jeremy Renner. The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **A Most Wanted Man** Espionage thriller starring Philip Seymour Hoffman and Rachel McAdams. Intelligence agencies try to determine the identity of a victim of torture trying to claim an inheritance. (2014, 15, 119min) ★★★
2.10 **to 3.55** AM **Like a Boss** Comedy with Tiffany Haddish. (2020, 15, 83min) ★★★

8 PM
9 PM
10 PM
11 PM

+1hour 314 430 47 301 257

Sky Cinema Blockbusters

302 302 402 502 516

7.10 AM **The Hobbit: An Unexpected Journey** Fantasy. (2012, 12, 165min) ★★★
10.00 **The Hobbit: The Desolation of Smaug** Epic fantasy adventure. (2013, 12, 161 min) ★★★★
12.45 PM **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
3.20 **Gladiator II** Historical drama sequel. (2024, 15, 148min) ★★★

5.55 **Ocean's Eleven** Caper thriller starring George Clooney. (2001, 12, 116min) ★★★★
8.00 **Fast & Furious 8** Action adventure sequel starring Vin Diesel and Charlize Theron. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. (2017, 12, 136min) ★★★
10.20 **The Hangover** Dark comedy starring Bradley Cooper, Ed Helms and Zach Galifianakis. (2009, 15, 99min) ★★★★

12.05 AM **The Hangover Part II** Dark comedy sequel. (2011, 15) ★★
1.50 **Jurassic World: Fallen Kingdom** Thriller sequel. (2018, 12) ★★★
4.00 **I Am Legend** Sci-fi thriller. (2007, 15, 101 min) ★★★★
5.45 **to 6.20** AM **The Cinema List: Family Favourites**

Sky Cinema Greats

304 304 404 504 518

6.05 AM **Rashomon** Japanese director Akira Kurosawa's drama. (1950, b/w, 12, 88min) ★★★★★
7.45 **Hondo** Western adventure. (1953, PG, 84min) ★★★★
9.20 **Drunken Master II** Martial arts thriller. (1994, 15, 102min) ★★★
11.20 **Rumble in the Bronx** Action comedy. (1996, 15, 89min) ★★★
1.00 PM **Godzilla** Monster movie. (1998, PG, 139min) ★★★

3.25 **The Mummy** Action adventure. (1999, 15, 124min) ★★★★
5.35 **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. (1991, PG, 138min) ★★
8.00 **Batman** Tim Burton's adventure starring Michael Keaton, Jack Nicholson and Kim Basinger. (1989, 15, 121 min) ★★★★
10.10 **Batman Returns** Comic-book adventure sequel starring Michael Keaton, Michelle Pfeiffer and Danny DeVito. (1992, 12, 121 min) ★★★★

12.20 AM **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
2.20 **Pulp Fiction** Director Quentin Tarantino's black comedy thriller. (1994, 18, 154min) ★★★★★
4.55 **to 8.05** AM **The Godfather** Francis Ford Coppola's gangster epic. (1971, 15, 167min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **The Adventures of Tintin: The Secret of the Unicorn**
9.15 **10 Lives** Animated comedy. (2024, U, 98min) ★★★
10.55 **Home** As shown at 9.40pm.
12.35 PM **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
2.15 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
4.00 **The Lego Batman Movie** Animation. (2017, U) ★★★★

6.00 **The Ogglies** Animation. (2021, PG, 85min) ★★★
7.40 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
9.40 **Home** Animated comedy. (2014, U, 94min) ★★★
11.20 **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
12.40 AM **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★

2.00 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★
3.00 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
4.20 **to 6.00** AM **Noah's Ark** Animation. (2024, U) ★★★

Movies 24

312 313 419

7.00 AM **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
9.00 **Mountain Rescue Romance** Comedy. (2023, PG, 84min) ★★
11.00 **Sweeter than Chocolate** Comedy. (2023, PG, 84min) ★★
1.00 PM **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
3.00 **A Royal Makeover** Romantic comedy starring Veronica Long. (2023, PG, 87min) ★★

5.00 **Betty's Bad Luck in Love** Romantic comedy drama. (2024, PG, 84min) ★★
7.00 **Hashtag Proposal** Romantic comedy starring Scout Taylor-Compton and Mark Famiglietti. (2023, PG, 87min) ★★
9.00 **Mystery Island: Play For Keeps** Crime drama starring Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
11.00 **You, Me, and that Mountain Retreat** Romantic comedy. (2023, PG, 86min) ★★

1.00 AM **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91 min) ★★
3.00 **to 5.00** AM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 29/38. (S1)
6.30 **Shoot to Kill** Gangster drama. (1947, b/w, PG, 63min) ★★★
7.45 **The Steel Key** Spoof thriller. (1953, b/w, PG, 74min) ★★
9.05 **The Marked One** Thriller. (1963, U, 65min) ★★★
10.20 **Cinebox Memories**
10.25 **House of Blackmail** Thriller starring William Sylvester. (1953, b/w, U, 72min) ★★

11.50 **The Great Game** Satirical drama. (1953, b/w, U, 80min) ★★★
1.25 PM **The Dark Man** Thriller. (1950, b/w, U, 91 min) ★★★
3.05 **Wanted for Murder** Drama. (1946, b/w, PG, 100min) ★★
5.10 **Watching Points**
5.30 **Bonanza** 14/34. (S2)
6.30 **The Vise** 32/39. (S1)
7.00 **The Footage Detectives**
8.00 **The Racing Game** 6/6. (S1)
9.05 **Gideon's Way** 15/26. (S1)
10.05 **The Executioner** Thriller. (1970, PG, 110min) ★★

12.20 AM **Doll's Eye** Drama with Sandy Ratcliff. (1982, 15, 75min) ★★★
1.55 **Bullet Scars** Gangster drama. (1942, b/w, PG, 50min) ★★★
3.10 **Red King, White Knight** Spy thriller. (1989, 15, 107min) ★★
5.15 **Look at Life**
5.30 **to 6.00** AM **Honey West**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage of tournaments on the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open and WTA Hobart Open.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.30 **LIVE SA20 Pretoria Capitals v MI Cape Town.** Coverage of the match at SuperSport Park in Centurion. The visitors won this meeting last season in a high-scoring contest, with 417 runs scored across the 40 overs.
7.00 **The Transfer Show**
8.00 **Sports Centre**
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 AM **LIVE NFL** Coverage of the sixth Wild Card play-off match, as the teams compete for a place in the Divisional play-off round.
4.30 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of events on the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open and WTA Hobart Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** Another chance to see Chelsea v Manchester United from the 2011/12 season.
5.00 **The Premier League Show**
7.00 **Cult Heroes** A profile of Yakubu.
7.30 The career of Des Walker.
8.00 **Transfer 360** Delving into the transfers of Alan Shearer.
8.30 The story of how Celtic legend John Hartson ended up moving to the Scottish side.
9.00 **Premier League Review** Action from the 21st round of fixtures.
10.00 **The Big Interview** A Premier League star of the past or present talk about their playing career.
10.30 **Premier League Stories** A profile of Micky van de Ven.
11.00 **Premier League Years** A look back at the 2001/02 season.
1.00 AM **PL Retro** A replay of Liverpool v Manchester City from the 2013/14 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
8.15 **WSL** Arsenal v Manchester United.
8.45 **EFL Highlights**
9.00 **SPFL Round-Up**
9.15 **SPFL Highlights**
9.45 **EFL Highlights** Championship.
10.30 **EFL League One & Two Goals**
11.30 **SPFL Highlights**
12.00 NOON **WSL** Match highlights.
1.00 PM **EFL Highlights**
1.30 **SPFL Round-Up**
1.45 **SPFL Highlights**
2.15 **EFL Highlights** Championship.
3.30 **WSL** Arsenal v Manchester United.
4.00 **EFL Highlights**
5.00 **EFL League One Goals**
5.30 **EFL League Two Goals**
6.00 **SPFL Round-Up**
6.15 **SPFL Highlights**
6.30 **Bundesliga Highlights Show**
7.30 **EFL League One & Two Goals**
8.30 **WSL** Arsenal v Manchester United.
9.00 **SPFL Round-Up**
9.15 **SPFL Highlights**
9.45 **EFL Highlights** Championship.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.45 AM **EFL Greatest Games**
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Sydney Thunder v Melbourne Renegades.** The T20 match at Sydney Showground Stadium.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Highlights.
2.00 PM **Big Bash League**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Pretoria Capitals v MI Cape Town.** The match held at SuperSport Park in Centurion.
7.00 **Big Bash League** Sydney Thunder v Melbourne Renegades.
8.00 **WPL** Royal Challengers Bengaluru v UP Warriorz.
9.00 **SA20** Highlights from Pretoria Capitals v MI Cape Town.
10.00 Sunrisers Eastern Cape v Durban Super Giants highlights.
11.00 **Big Bash League** Sydney Thunder v Melbourne Renegades.
2.20 AM **Best of Jimmy Anderson**
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **Big Bash League**
5.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** The fourth day of the 2025 Alfred Dunhill Links Championship.
11.30 **DP World Tour Golf** The fourth day of the Open de España.
4.30 PM **PGA Tour Golf** Replay of day four of the BMW Championship.
10.30 **Junior Golf** Highlights of the Junior Golf Championship.
11.00 **Ladies European Tour Golf** Highlights of 2025 tournaments.
3.00 AM **The Open Zone**
4.00 **to 6.00** AM **Golf Highlights**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
12.00 NOON **WTA & ATP Tennis** Italian Open men's singles final.
12.15 PM **WTA Tennis** Madrid Open
12.30 **United Cup Tennis** The final.
2.30 **WTA Tennis** The Auckland Open.
3.30 The Brisbane Open final.
4.30 **ATP Tennis** Brisbane Open final.
5.30 Hong Kong Open final.
6.30 **WTA & ATP Tennis** Action from events on the WTA and ATP Tours.
10.30 **LIVE ATP Tennis** Coverage of day two of the Auckland Open at ASB Tennis Centre in Parnell.
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** The WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **The Edge** Fifth Ashes Test.
7.00 **One-Day International Cricket** Highlights of India v New Zealand.
8.00 **Serie A** Italian football action.
10.00 **Sign Up – Into Football**
10.45 **Playing for Our Future**
11.00 **Snooker Masters** Day one.
1.00 PM **LIVE Snooker Masters Mark Williams v Mark Allen.** The third first-round match held at Alexandra Palace. Williams is a two-time champion, prevailing back in 1998 and 2003, while Allen won the title in 2018.
4.30 **One-Day International Cricket** Highlights of India v New Zealand.
5.30 **The Edge** Highlights and analysis from the fifth Ashes Test.
6.30 **LIVE FA Cup Liverpool v Barnsley.** Coverage of the third-round tie at Anfield. Kick-off 7.45pm. *See feature, page 28.*
10.00 **FA Cup: The People's Story**
11.30 **Serie A** Double bill of action.
1.30 AM **Emirates FA Cup** Highlights.
2.30 **The Edge** Cricket action.
3.30 **One-Day International Cricket**
4.30 **Playing for Our Future: Cricket**
4.45 **to 6.00** AM **LIVE T20 Super Smash** Coverage from New Zealand's domestic competition.

TNT Sports 2

411 414 522 409 431

6.00 AM **Isuzu UTE A-League**
12.00 NOON **Premier League Stories**
12.30 PM **PL: Big Interview**
1.00 **LIVE Snooker Masters Mark Williams v Mark Allen.** The third first-round match held at Alexandra Palace in London.
4.30 **ABB FIA Formula E World Championship Highlights**
5.30 **Sign Up – Into Football**
6.15 **Premier League Stories**
6.45 **What I Wore** Michel Salgado.
7.00 **LIVE Snooker Masters Zhao Zintong v Gary Wilson.** The fourth first-round match held at Alexandra Palace in London, played over the best of 11 frames.
10.30 **The Muddy Roots of Football** An edition following a football team in the highlands of Ireland.
11.00 A profile of an amateur Romanian football team forced to transplant a football pitch.
11.30 A look at a ground described as the 'worst in Spain'.
12.00 M'T In Ireland, a home captain recounts the previous night's Christmas party.
12.30 AM **Alpine Skiing** Highlights.
3.30 **Ski Jumping World Cup**
5.30 **to 6.00** AM **PL Stories**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights**
9.00 **NFL Highlights** Action from the third Wild Card play-off match.
10.00 Highlights from the fourth Wild Card play-off match.
11.00 Highlights from the fifth Wild Card play-off match.
12.00 M'T **NFL Bitesize Highlights**
1.00 AM **LIVE NFL** Coverage of the sixth Wild Card play-off match, as the teams compete for a place in the Divisional play-off round. The opening stage of the play-offs was brought to a conclusion last year by a match between the Los Angeles Rams and Minnesota Vikings, which had to be moved to State Farm Stadium in Glendale because of wildfires in the Los Angeles area, and the Rams went on to beat the Vikings 27-9.
4.30 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage of tournaments on the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open and WTA Hobart Open.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
1.50 **LIVE WPL Royal Challengers Bengaluru v UP Warriorz.** Coverage of the women's T20 match staged at DY Patil Stadium.
5.30 **The Premier League Show**
7.00 **The Transfer Show**
8.00 **Sports Centre** A round-up of the day's main sports news.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
12.30 AM **LIVE NBA Basketball Indiana Pacers v Boston Celtics.** Coverage of the Eastern Conference match at Gainbridge Fieldhouse. Tip-off 12.30am.
3.00 **LIVE NBA Basketball Sacramento Kings v Los Angeles Lakers.** Coverage of the Western Conference match from Golden 1 Center. Tip-off 3.00am.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Big Bash League**
8.00 **SA20** Recent action.
9.00 **Super League** A replay of Leeds Rhinos v Warrington Wolves.
11.45 **PL Greatest Games**
12.00 NOON **Big Bash League**
1.00 PM **SA20** Sunrisers Eastern Cape v Durban Super Giants.
2.00 **PL Greatest Games** Highlights.
3.00 **PL Retro** Bolton Wanderers v Chelsea from April 2005.
5.00 **PDC Classics** Archive action.
6.00 **NFL Highlights** Action from two Wild Card play-off matches.
8.00 **SA20** Sunrisers Eastern Cape v Durban Super Giants.
9.00 **Big Bash League** Sydney Thunder v Melbourne Renegades.
10.00 **WTA Tennis** Brisbane Open final.
11.00 **ATP Tennis** Brisbane Open final.
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **Dakar Rally Saudi Arabia** Stage eight from Wadi Ad-Dawasir.
7.00 **Emirates FA Cup** Recent action, featuring Portsmouth v Arsenal and Charlton Athletic v Chelsea.
1.00 PM **The Edge** Fifth Ashes Test.
2.00 **Serie A** AS Roma v Sassuolo.
3.00 Inter Milan v Napoli.
4.00 **LIVE Freestyle Skiing** The men's and women's team aerials in the latest meeting of the season from Lake Placid, New York.
5.30 **Premier League: Big Interview**
6.00 **LIVE Ultimate Pool** Group Two of the Champions League, as leading players battle it out.
9.30 **Dakar Rally Saudi Arabia**
10.30 **ABB FIA Formula E World Championship Highlights** Action from the Mexico City E-Prix.
11.30 **UEFA Champions League – Classics** Archive action.
2.00 AM **Snooker Masters** Day two.
4.00 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 4

414 416 524 411 434

6.00 AM **Snooker Masters**
8.00 **Formula E Highlights**
9.00 **MotoGP Classics** Archive action.
12.00 NOON **Alpine Skiing**
1.30 PM **Ski Jumping World Cup**
2.30 **Premier League: Big Interview**
3.00 **A-League** Highlights from Brisbane Roar v Auckland FC.
4.00 Melbourne Victory v Western Sydney Wanderers.
5.00 Macarthur FC v Sydney FC.
6.00 Highlights from Perth Glory v Central Coast Mariners.
7.00 Highlights from Wellington Phoenix v Adelaide United.
8.00 Key moments from Melbourne City v Newcastle Jets.
9.00 **Fishing: On the Bank**
10.00 **Isuzu UTE A-League Highlights**
10.30 **Ninja A-League Women**
11.00 **UEFA Champions League**
11.30 **Premier League: Big Interview**
12.00 M'T **Dakar Rally Saudi Arabia**
1.00 AM **UFC** Highlights and features.
5.00 **to 6.00** AM **Formula E**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **Champions Cup**
9.00 **Sporting Countdowns**
9.30 **Champions Cup**
11.30 **Sporting Countdowns**
12.00 NOON **Champions Cup** Another chance to see Clermont Auvergne v Glasgow Warriors.
2.00 PM **NHL on the Fly**
3.00 **Champions Cup** Another chance to see Edinburgh v Gloucester.
5.00 Saracens v Toulouse.
6.55 **Champions Cup Highlights**
7.55 **LIVE LaLiga** Coverage of a Spanish top-flight match.
10.00 **Sporting Greats**
10.30 **Champions Cup Highlights**
11.30 **Sporting Countdowns**
12.00 M'T **NHL Tonight**
1.00 AM **NHL Ice Hockey**
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Los Angeles Kings v Dallas Stars.** The Western Conference match from Crypto.com Arena. Face-off 3.00am.

Premier Sports 2

420 552

6.00 AM **Challenge Cup**
8.00 **NHL Ice Hockey**
10.00 **Champions Cup** Another chance to see Castres v Bath.
12.00 NOON **Bike World** Magazine.
12.30 PM **Temples of Sport**
1.00 **Champions Cup** Another chance to see Sale Sharks v Sharks.
3.00 A replay of Scarlets v Pau.
5.00 **Temples of Sport**
5.30 **Champions Cup** Another chance to see Toulon v Munster.
7.30 A chance to see Bordeaux Begles v Northampton Saints.
9.30 **Temples of Sport**
10.00 **NHL Ice Hockey** Boston Bruins v Pittsburgh Penguins replay.
12.00 M'T **LIVE NHL Ice Hockey Detroit Red Wings v Carolina Hurricanes.** The Eastern Conference match from Little Caesars Arena. Face-off 12.00m't.
3.00 AM **NHL: This is Hockey**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **F1 Features**
8.30 **Formula 1** Another chance to see the 2025 Chinese Grand Prix.
10.45 **Carlos Sainz & the Lie Detector**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** Another chance to see the 2025 Japanese Grand Prix qualifying session.
2.15 PM **Ted's Notebook**
2.45 **F1 Explained**
3.00 **Formula 1** A replay of the 2025 Japanese Grand Prix at Suzuka Circuit in Suzuka City, Japan.
7.45 **Ted's Notebook** Analysis.
8.15 **Brad Pitt Drives a McLaren**
8.30 **Lewis Hamilton: Why Heritage Matters**
9.00 **Formula 1** Highlights from the 2025 Japanese Grand Prix.
10.00 Bahrain Grand Prix.
11.00 Saudi Arabian Grand Prix.
12.00 M'T **to 6.00** AM **The Best of F1 2025**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

13 January

Evening Planner

FREE TO AIR

TLC

Sky Channel 133/134, Virgin 113/128, Freeview 12, Freesat 144, Freely 17

The channel is free to air from today, with programmes including *Young Sheldon*.

Football

EFL Cup: Semi-Final

ITV1, Sky Sports Main Event & Sky Sports Football

Defending champions Newcastle play Man City in their semi-final first leg.

Documentary

Saving Country Houses with Penelope Keith

More4, 9pm

The Good Life actor looks at the work that goes into maintaining stately homes.

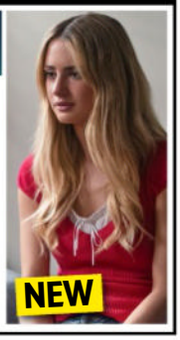
OnDemand

Disney+

Tell Me Lies

Available today

The drama returns for season three, and Lucy (Grace Van Patten) and Stephen have rekindled their relationship.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Waterloo Road		10.00 News; Local News	10.40 Waterloo...
	102 BBC2	7.00 Rick Stein's Australia		8.00 A House Through Time: Two Cities at...		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Football: EFL Cup – Live: Newcastle United v Manchester City (Kick-off 8.00)						10.25 News; Local News
	104 CHANNEL 4	7.00 News		8.00 What Not to Eat		9.00 24 Hours in Police Custody...		10.00 Social Media Monsters	
	105 5	7.00 All-Inclusive Holidays: How to Get Your...		8.00 Dogs Behaving (Very) Badly		9.00 The Good Ship Murder		10.00 Street Cops: Catching the Yobs	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Shark: British Isles Special with Steve...		9.00 Film: 28 Days Later...			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Top Gear		8.35 Top Gear Vietnam Special			10.00 Film: Superbad	
	116 BBC4	7.00 Snooker: The Masters – Live: John Higgins v Barry Hawkins						10.00 The Last Battle of the Vikings	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	‹ 6.55 Car S.O.S.				9.00 Saving Country Houses with Penelope...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Law & Order: Special Victims Unit		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD		7.20 Dad's Army	8.00 Blackadder II				10.00 Men Behaving...	10.35 Blackadder II
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 The Motorbike Show		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Picture Perfect			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX		7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Movie Megastars: Made in the 80s			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Dark Winds		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Vermeer's Hat			9.15 Peter O'Toole: Along the Sky Road to Aqaba		
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 One Born Every Minute				10.00 Pete Wicks: For Dogs' Sake	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Matt	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside the SS				10.00 WWII: Tank Showdown	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 WW2 Air Crash Detectives		9.00 World War II: Witness to War			
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Flipping Bangers		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Death of a Showjumper						10.00 Costa Concordia: Chronicle of a...	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.10 Mission: Impossible – The Final...		8.00 Nuremberg					10.30 28 Years Later
	302 BLOCKBUSTERS	‹ 6.05 The Hangover Part II		8.00 Bridget Jones: Mad About the Boy				10.10 It Ends with Us	
	303 SCIENCE FICTION	‹ 6.30 Cloverfield		8.00 Waterworld					10.20 Mickey 17
	304 GREATS	‹ 5.50 Batman Returns		8.00 Batman Forever				10.05 Batman & Robin	
	305 ANIMATION	‹ 5.40 Rango	7.40 Scoob!				9.25 Scooby-Doo! The Sword and the Scoob		
	306 FAMILY	‹ 6.00 Look Who's Talking		7.50 Wicked					10.40 Cats...
	307 ACTION	‹ 6.00 Bad Boys: Ride or Die		8.00 The Patriot					
	308 COMEDY	‹ 6.00 Superbad		8.00 Beetlejuice Beetlejuice			9.50 Kangaroo Jack		
	309 THRILLER	‹ 6.05 Speak No Evil		8.00 The Accountant				10.10 Dirty Harry	
	310 DRAMA	‹ 5.40 Joker: Folie à Deux		8.00 The Bodyguard				10.10 Cool Hand Luke	
	311 HORROR	‹ 6.10 Evolution		8.00 The Nun			9.45 It Feeds		
	313 FILM4		7.10 The Old Man & the Gun			9.00 Heat			
SPORT	401 MAIN EVENT	7.00 EFL Cup – Live: Newcastle United v Manchester City (Kick-off 8.00)							
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Transfer 360		9.00 Gary Neville's Soccerbox		10.00 PL Review	
	403 FOOTBALL	7.00 EFL Cup – Live: Newcastle United v Manchester City (Kick-off 8.00)							
	405 CRICKET	7.00 Big Bash League		8.00 WPL		9.00 SA20		10.00 Big Bash League	
	410 TNT SPORTS 1	7.00 Snooker Masters – Live: John Higgins v Barry Hawkins							10.30 What I Wore
	411 TNT SPORTS 2	7.00 Snooker Masters – Live: John Higgins v Barry Hawkins							10.30 Cricket Reload

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost bracelet. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** Series finale Catch-up series. (S)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition Briony Harford and Robin Johnson help a couple raise funds for their retirement plans. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Waterloo Road

7 PM

7.00 **The One Show** Lauren Laverne and Roman Kemp host the topical show. (S)
7.30 **EastEnders** The police continue their investigation into an attack, while Oscar and Lauren plan a memorial for Abi. (S)(AD)

8 PM

8.00 **Inside the Factory** New edition 3/6. Paddy McGuinness and Cherry Healey visit the McCain factory near Scarborough that cuts, fries and freezes 80 million chips every single day. (S)(AD)

9 PM

9.00 **Waterloo Road** New episode 3/8. Donte falls victim to Izzy's rage when her emotions boil over. Meanwhile, Nicky returns to take on a new challenge as behavioural lead. (S17) (S)(AD)
■ Continues at 10.40pm

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Waterloo Road** New episode 4/8. Shola notices an unexpected change in Portia and suspects she has a new crush. A surprise Ofsted inspection sees Darius bend the rules to keep ahead of the inspectors. (S17) (S)(AD)
11.40 **FILM 28 Days Later...** Danny Boyle's horror thriller starring Cillian Murphy. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (S)(AD) (2002, 18, 105min) ★★★★
1.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **The Travelling Auctioneers** (R)
6.45 **Bargain Hunt** (S)(R)(AD)
7.30 **Sign Zone: Weatherman Walking: The Welsh Coast** (S)(R)
8.00 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
8.30 **Sign Zone: See Hear** New edition With footballer Jamie Clarke. (S)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **LIVE Snooker: The Masters** Kyren Wilson v Si Jiahui: Coverage of the fifth first-round match. (S)
■ More coverage on BBC4, 7pm
5.15 **Flog It!** From Oxford. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Robson Green's Weekend Escapes** New edition Actor Mark Benton joins Robson on a Scottish road trip to East Lothian. (S)(AD)

9.00 QI XL

7.00 **Rick Stein's Australia** New edition 2/6. Rick explores the Central Coast on Sydney's northern fringes, meeting chefs, foragers, and producers who reveal how the outdoors shapes their approach to food. (S)(AD)

8.00 **A House Through Time: Two Cities at War** 2/4. In Berlin, an SS officer arrives in the building, and another resident sees the Nazis arrest her new husband. War throws the lives of two London residents into turmoil. (S)(R)(AD)

9.00 **QI XL** New edition Zoe Lyons, Ed Byrne, Chris McCausland and Alan Davies join host Sandi Toksvig for a wet and windy edition of the quiz show. (S)
9.45 **Live at the Apollo** New edition 4/7. Desiree Burch introduces Suzi Ruffell and Finlay Christie to the stage at the Hammersmith Apollo. (S)
10.30 **Newsnight** (S)

11.00 **FILM The Duke** Fact-based comedy drama starring Jim Broadbent and Helen Mirren. (S) (2020, 12, 90min) ★★★★
12.30 AM **Snooker: The Masters – Extra** Kyren Wilson v Si Jiahui. (S)
2.30 **Sign Zone: See Hear** (S)(R)
3.00 **Sign Zone: What We Do in the Shadows** 1/11. (S6) (S)(R)(AD)
3.25 **Sign Zone: The Traitors** (S)(R)(AD)
4.30 **Sign Zone: Amanda & Alan's Greek Job** (S)(R)(AD)
5.00 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team assess items at the Royal Armouries Museum in Leeds. (S)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Sonia tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Football: EFL Cup

7.30 **LIVE Football: EFL Cup** Newcastle United v Manchester City: Coverage of the opening semi-final first-leg tie, held at St James' Park. Lewis Miley struck in second-half stoppage time to help holders Newcastle claim a 2-1 victory over Fulham here in the quarter-finals, while the Citizens were comfortable 2-0 winners over Brentford. The sides have already met at this ground in the Premier League this term, with a brace from Harvey Barnes giving the Magpies a 2-1 home win. However, City have a great record in this competition in recent times, with six of their eight triumphs coming between 2014 and 2021. Kick-off is at 8.00. (S)

10.25 **ITV News** (S)
10.55 **Local News** (S)

11.10 **The Assembly** Presenter Gary Lineker gets the grilling of a lifetime from autistic and learning-disabled interviewers. (S)(R)
11.40 **Millionaire Hot Seat** Quiz. (S)(R)
12.10 AM **Teleshopping**
3.00 **Riches** *Forgive, Maybe. Forget, Never:* 6/6. Alesha, Gus and Wanda finally get Stephen's safe open. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 21-23/26. (S5) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S8) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A woman hopes to find a holiday home in southern Abruzzo, Italy. (S)(R)
4.00 **A New Life in the Sun** New edition At Rob and Fran's glampsite in Italy, an event space is under construction. (S)
5.00 **Junior Bake Off** New edition The second batch of bakers face the challenges of Biscuit Day. (S)(AD)
6.00 **A Place in the Sun** New edition A couple search for a holiday home in Orlando, Florida. (S)

10.00 Social Media Monsters

7.00 **News** (S)

8.00 **What Not to Eat** New edition 2/4. Tim Spector and Kandi Ejio reveal the science behind why biscuits are so moreish and find out how many chemicals are lurking in a slice of ultra-processed ham. (S)(AD)

9.00 **NEW 24 Hours in Police Custody: The Secret Network** A deep dive into Bedfordshire Police's covert investigation into the high-level criminals using the encrypted phone network EncroChat. (S)(AD)

10.00 **Social Media Monsters** New edition A look into the investigation police carried out on Jay Lang, a serial paedophile who was posing as a teenage girl on social media. (S)(AD)
■ Continues tomorrow
11.00 **Catching a Killer: Buried Truths** A fatal stabbing in a Chelmsford bar in November 2024. (S)(R)(AD)
12.15 AM **NEW Untold: Working Holidays – Stranded in Paradise** Documentary. (S)(SL)(AD)
1.00 **Taskmaster's New Year Treat** (R)
1.55 **Ramsay's Kitchen Nightmares USA** From Georgia. (S)(SL)(R)
2.45 **Know Your S**t: Inside Our Guts**
3.40 **Sunday Brunch Best Bits** (S)(R)
3.55 **Couples Come Dine with Me** (R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 2/7. Jean investigates when a woman's body is discovered on a cabin cruiser. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Lorrain and Toby host a Beetle drive to fund her feral cat rescue. (S)
5.00 **News** (S)
6.00 **Secrets of the Royal Palaces** Featuring behind-the-scenes tales of Tudor palaces, including the story of Hampton Court Palace's creation. (S)(R)
6.55 **News** (S)

8.00 Dogs Behaving (Very) Badly

7.00 **All-Inclusive Holidays: How to Get Your Money's Worth** Alexis Conran investigates whether all-inclusive holidays are value for money. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition A St Bernard causes chaos in Sunderland, and social media star Chihuahua Olive's outbursts are putting a strain on her owner's relationship. (S)

9.00 **The Good Ship Murder** New episode *Istanbul:* 3/8. A renowned wellness guru, Dr Woo, comes on board to promote a new beauty treatment, but during his presentation, his colleague is murdered. (S3) (S)(AD)

10.00 **Street Cops: Catching the Yobs** Following Britain's police as they head out to clean up the streets. In Northamptonshire, a stabbing leaves a teenager in critical condition. (S)(R)
11.05 **Fare Dodgers: At War with the Law** Documentary. (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Most Scenic Railway Journeys** A trip through the Peak District. (S)(R)
3.50 **Susan Calman's Grand Week by the Sea** (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S5) (S)(R)
11.00 **Deep Dive North America** (R)
12.00 NOON **The Flash** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 16/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *One Angry Lisa:* Marge becomes obsessed with her exercise bike. (S)(R) **5.30** *Moho House:* Moe helps Homer and Marge work on their marriage. (S)(R)
6.00 **The Office (US)** 9/25. Dwight organises a Pennsylvania-Dutch-themed Christmas party. (S)(R) **6.30** 10/25. Dwight vows to destroy the lice Pam has brought into the office. (S9) (S)(R)

9.00 28 Days Later...

7.00 **The Simpsons** *Lisa the Boy Scout:* Lisa joins scouting group the Boy Explorers. (S)(R) **7.30** *The King of Nice:* Marge gets a job as a segment producer on Krusty's new talk show. (S)(R)

8.00 **Shark: British Isles Special with Steve Backshall** The naturalist goes in search of sharks inhabiting the waters around the British Isles, encountering a basking shark near the Hebrides and a blue shark off Cornwall. (S)(R)(AD)

9.00 FILM **28 Days Later...** Director Danny Boyle's horror thriller starring Cillian Murphy, Naomie Harris, Megan Burns, Brendan Gleeson and Christopher Eccleston. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (S) (2002, 18, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **Sport's Funniest Moments** A look at some of the funniest and most farcical moments from the sporting world. (R)
12.10 AM **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
1.10 **Brit Cops: Rapid Response** (R)
3.00 **S.W.A.T.** 16/21. (S5) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Scotcast (S)(R) **12.10am** FILM 28 Days Later... (S)(AD) (2002, 18, 105min) ★★★★ **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
11.40pm The Beauty Queen & the Catfish (S)(R) (AD) **12.25am** The Weakest Link (S)(R) **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm The Chronicles of Strangford Shorts (S)(R) **10.00-10.30** Farm 999 (S)(R) **11.00** Live at the Apollo New edition (S) **11.50** Mortimer & Whitehouse: Gone Fishing (S)(R)(AD) **12.20-12.30am** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
11.00pm First Minister's Questions (S) **12.00m't-12.30am** The Wonder of Animals (S)(R)

ITV1

As main ITV1 except:
WALES
11.10pm-12.10am Sharp End (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Gwladfa: Gwilym Bowen Rhys **12.30** Heno **1.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** 6 Gwlad Shane ac Ieuan **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cysgu O Gwmpas (AD) **6.30** Sgorio **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Cyfweliad New edition **9.35** Cymru ar Gyffuriau New edition **10.00** Con Jones: Twyllwr Gorau'r Byd **11.00pm-12.05am** Y Fets

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob and Squidward clean up Bikini Bottom. **7.15** A sea bunny ruins Squidward's garden.
7.30 **Top Gear USA East Coast Special** An epic road trip along America's east coast.
8.35 **Top Gear Vietnam Special** The presenters travel through Vietnam.
9.50 **The Film Fan's Guide to Durham** Ali Plumb visits iconic film locations.
10.00 FILM **Superbad** Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★
11.50 FILM **Gringo** Action comedy with David Oyelowo and Charlize Theron. (2018, 15, 111 min) ★★★
1.30 AM **The Beauty Queen & the Catfish** 1-3/3. Triple bill.
3.45 **to 4.00** AM **The Film Fan's Guide to Durham**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM LIVE **Snooker: The Masters** John Higgins v Barry Hawkins: Seema Jaswal presents coverage of the sixth first-round match at Alexandra Palace in London.
10.00 **The Last Battle of the Vikings** Marine archeologist Jon Henderson tells the story of the Vikings in Scotland, revealing how they helped shape the identity and culture of the nation.
11.00 **The Hunt for Lady Olive and the German Submarine** Investigating the fate of the German submarine UC18 and Royal Navy Q-Ship the *Lady Olive*.
12.00 M'T **Timeshift: The History of Pubs** The changing face of the British pub over the past 50 years.
12.40 AM **The Witness is a Whale** Revelations about whale populations.
1.30 **The Last Battle of the Vikings** As 10.00pm.
2.30 **to 3.30** AM **The Search for the Lost Manuscript: Julian of Norwich**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed** Five editions of the B&B contest.
4.50 **A Place in the Sun: Home or Away** A couple are shown properties in Carcassonne and Wiltshire.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a 1953 Riley RMF.
6.55 **Car S.O.S** Fuzz and Tim breathe new life into a 1973 Porsche 911 Targa.
8.00 **Car S.O.S** Tim and Fuzz attempt to rescue a rare road-going version of the early 1990s World Rally Championship Toyota Celica.
9.00 NEW SERIES **Saving Country Houses with Penelope Keith** Insight into the work that goes into maintaining stately homes and gardens. In the Cotswolds, young couple James and Emma recently inherited Chavenage House and have bold plans to turn the estate into a glamping and sauna destination.
10.00 **24 Hours in A&E** Three boys are admitted for very different reasons.
11.05 **24 Hours in A&E**
12.10 AM **Saving Country Houses with Penelope Keith**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Sienna's attempts to build bridges with Cleo backfire.
7.30 **The Simpsons** *The Devil Wears Nada:* Marge becomes a sex symbol after posing for a charity calendar.
8.00 **First Dates** A 19-year-old man goes on the first date of his life, and makes a series of disastrous blunders.
9.00 **Gogglebox** *I'm a Celebrity... Get Me Out of Here!* and *The Crown* are appraised. **10.00** Opinions on *Squid Game: The Challenge, Lorraine, The Toy Hospital* and *The Couple Next Door.*
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.15 **First Dates**
2.15 **Gogglebox**
4.05 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 12/22. An undercover job opens old wounds for Maggie. (S4)
1.00 PM **The Rookie** 12/22. A hand washes up on the beach. (S4)
2.00 **Send in the Dogs**
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

10.00 **Fire Country**

7 PM
7.00 **Police 24/7** A man in the woods is interrogated after his actions draw attention from a nearby school.

8 PM
8.00 **Law & Order: Criminal Intent** *Silencer:* 18/22. Goren and Eames investigate the murder of a surgeon. (S6)

9 PM
9.00 **Law & Order: Special Victims Unit** *Truth Embargo:* 2/13. Benson teams up with the FBI on an unsolved case. (S25)

10 PM
10.00 **Fire Country** *Pilot:* 1/22. Convict Bode Donovan volunteers for a prison-release firefighting programme. (S1)
11.00 **The Rookie** 5/14. (S3)
12.00 M'T **FBI** 12/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 14/22. (S6)
2.00 **Matlock** New episode (S2)
3.00 **Doc** New episode 8/22. (S2)
4.00 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **The Guest Wing**
8.00 **Boardwalk Empire** (S2)
10.10 **The Sopranos** (S1 &2)
12.20 PM **Game of Thrones** (S2)
2.25 **The Wire** (S1&2)
4.40 **Westworld** 7/10. Delores and William continue to tread into dangerous territory. (S1)
5.45 **Deadwood** 7/12. Bullock returns with a fresh ultimatum for Swearengen. (S1)
6.50 **Game of Thrones** 3/10. Tyrion plots to identify Cersei's spy on the small council. (S2)

2.35 **The Wire**

7.55 **Game of Thrones** *Garden of Bones:* 4/10. Tyrion struggles to find a way to curb Joffrey's cruel excesses, and Daenerys arrives at the walled city of Qarth. (S2)

8.15 **Never Mind the Buzzcocks** Comedy music quiz, with guests Shaun Ryder, Bez and Desiree Burch.

9.00 **House of the Dragon** *The Burning Mill:* 3/8. Daemon arrives at Harrenhal to raise an army for the Blacks.

10.15 **House of the Dragon** *The Red Dragon and the Gold:* 4/8. Cole mounts a campaign into the Crownlands. (S2)
11.20 **Deadwood** As 5.45pm.
12.25 AM **The Sopranos** 2/13. Junior urges Tony to make peace with his mother. (S2)
1.25 **The Sopranos** 3/13. (S2)
2.25 **Game of Thrones** (S2)
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 6/20. (S8)
9.00 **Stargate SG-1** (S5)
11.00 **SEAL Team** 5/10. (S6)
12.00 NOON **The Flash** 7/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 16/21. (S3)
4.00 **NCIS: Los Angeles** 4/22. Kilbride enlists NCIS to help find stolen guns. (S13)
5.00 **SEAL Team** 4/10. The team struggle to accept their newest member. (S6)
6.05 **Stargate SG-1** 21/22. Jackson is exposed to radiation. (S5)

9.00 **Movie Megastars**

7.10 **Stargate SG-1** *Revelations:* 22/22. The team are sent to rescue a scientist stranded on a moon. (S5)

8.15 **Never Mind the Buzzcocks** Comedy music quiz, with guests Shaun Ryder, Bez and Desiree Burch.

9.00 **Movie Megastars: Made in the 80s** The biggest film stars of the decade, including Tom Cruise, Julia Roberts, Arnold Schwarzenegger and Nicole Kidman. With contributions by Peter Andre and Sinitta.

11.00 **Fear the Walking Dead** 7/15. The family face their biggest test yet. (S2)
12.00 M'T **Creature Commandos** 3&4/7. Double bill. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Rapid Response**
3.00 **S.W.A.T.** 16/21. (S3)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Meets Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase** With Sophie Ellis-Bextor.

10.05 **Grosse Pointe Garden...**

7.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing money.

8.00 **The Real Housewives of Orange County** Shannon breaks down in La Quinta over a lawsuit with John.

9.00 **Love Island: All Stars** New edition Former Islanders get another shot, and only one pair can be crowned winners.

10.05 **NEW SERIES Grosse Pointe Garden Society** *Pilot:* 1/13. Mystery drama series set amidst a suburban garden club. (S1)
11.05 **Family Guy** 21/21. Stewie goes back in time. (S12)
11.35 **Family Guy** 10/21. (S12)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 6/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality series.
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *Among the Few:* Andrew Foyle comes under suspicion when Sam and Foyle are almost killed.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Miller's Tale:* Miller lands in trouble after running down a pedestrian.

8.00 **Vera**

6.55 **Heartbeat** *Mastermind:* The villagers leave Aidensfield en masse to support Rob in a charity football match.

8.00 **Vera** *Old Wounds:* The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.

10.00 **Foyle's War** *War Games:* Foyle investigates a burglary at the headquarters of a multinational company.
11.55 **Trial & Retribution** 1/2. DI Pat North is assigned to look into a case that may clear a man convicted of murder eight years ago, and finds that DS Walker was in charge of the original inquiry. (S4)
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Natalie Erskine and Darren Dowling visit Galashiels in the Scottish Borders.
8.00 **Island Crossings** 2/8. Twenty new apprentices join the ranks of Caledonian MacBrayne.
9.00 **Murder Trial: The Disappearance of Renee and Andrew MacRae** 1/2. The trial of William MacDowell for the murders of Renee MacRae and her three-year-old son Andrew in 1976. **10.00** 2/2. A look at the testimony of Renee's best friend.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The criminologist examines fraud and the people who commit it.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 1&2/10. (S2)
10.15 **Sex and the City** (S6)
11.25 **Entourage** (S8)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 3&4/10. (S2)
4.00 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S3)
6.45 **Community** 13/25. Jeff becomes the Greendale Gazette Journal's editor. **7.15** 14/25. Jeff hides his new relationship. (S1)
7.45 **Sex and the City** 5/20. Samantha visits Brooklyn to see Jerry's play. **8.20** 6/20. Carrie dreads jury service. (S6)
9.00 **FILM Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
10.45 **And Just Like That...**
11.30 **Community** (S1)
12.30 AM **Entourage** (S8)
1.35 **Ballers** 3&4/10. (S2)
2.40 **Curb Your Enthusiasm**
3.50 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Cirque du Soleil**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from Tate Britain**
3.00 **Wordsworth & Coleridge Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Vermeer's Hat**
9.15 **Peter O'Toole: Along the Sky Road to Aqaba**
11.15 **Angelheaded Hipster**
1.05 AM **50 Years on Film**
2.00 **NEW SERIES Landscape Artist of the Year**
3.00 **Landscape Artist of the Year National Trust**
4.00 **Inside Art**
5.00 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *Chain of Command – Part Two:* 11/26. The Cardassians torture Picard. (S6)
8.00 **Star Trek: Deep Space Nine** *Covenant:* 9/26. Kira faces her old enemy Dukat. (S7)
9.00 **Fire Country** 2/22.(S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 12/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout**
4.00 **Riddiculous** Game show.
5.00 **Deal or No Deal**
6.00 **Lingo** Two sisters from Herts and Essex, two mates from London, and a grandma and her grandson from Pontefract take part in the quiz. **7.00** Two brothers from Hampshire, friends from Scotland, and workmates from Huddersfield compete in the quiz. **8.00** Two friends from Liverpool, a married couple from north Wales, and a mother and daughter from London take part in the quiz.
9.00 **Alan Carr's Epic Gameshow** A revival of *Play Your Cards Right.*
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **What Not to Eat** A guide to the world of ultra-processed foods.
8.00 **Jamie's Feasts for a Fiver** Jamie Oliver demonstrates feasts that cost no more than £5.
9.00 **24 Hours in A&E**
10.00 **First Dates Beach Club**
12.05 AM **Gogglebox**
1.05 **24 Hours in Police Custody: The Secret Network** Documentary.
2.05 **Social Media Monsters**
3.05 **Can You Make £10K in 10 Days?**
4.05 **to 5.05** AM **Live Well with the Drug-Free Doctor**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.10 **Kojak**
10.15 **Boon**
11.25 **The Professionals**
12.25 PM **Robin of Sherwood**
1.40 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Professionals** *The Ojuka Situation:* The duo are assigned to protect a politician.
5.55 **Minder** *Monday Night Fever:* Terry sees the seedier side of the entertainment industry.

4.50 The Professionals

7.00 American Pickers Mike and Frank head to Minnesota and challenge Danielle to sell a fibreglass cowboy boot.

8.00 The Motorbike Show Henry Cole tours Majorca on a classic bike and begins the restoration of a vintage Harley-Davidson.

9.00 Ice Road Truckers The final day of the season dawns with pieces of the Langley camp still waiting to be moved.

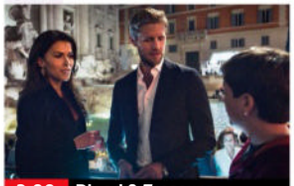
10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** A look back at the 'Montreal Screwjob', one of wrestling's infamous off-script moments.
1.00 AM **Auf Wiedersehen, Pet**
1.55 **Minder**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 2/26. (S5)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 3/26. (S5)
2.00 **Blood & Treasure** (S1)
4.00 **Stargate SG-1** 13/22. (S1)
5.00 **Star Trek: Enterprise** 17/22. Archer receives three Orion slave girls as a gift. (S4)
6.00 **Star Trek: The Next Generation** 2/26. Picard faces an alien captain. (S5)



2.00 Blood & Treasure

7.00 Star Trek: Deep Space Nine *Looking for Par'Mach in All the Wrong Places:* 3/26. Worf falls for a Klingon woman. (S5)

8.00 Stargate SG-1 *Fire and Water:* 13/22. The team return from an expedition with the news that Jackson has been killed. (S1)

9.00 Grimm *Good to the Bone:* 18/22. A man is found dead with the bones in his body seemingly liquefied and removed.

10.00 Grimm *The Taming of the Wu:* 19/22. Adalind is faced with a decision that could change her and Nick's lives. (S5)
11.00 **Wynonna Earp** 7/13. A series of playing card-related killings affects Wynonna in odd ways, and she's convinced the missing revenant is to blame. (S1)
12.00 M'T **The Swarm** 7/8. (S1)
1.00 AM **Blood & Treasure** (S1)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **The Swarm** 7/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 21/22. (S5)
11.00 **Hudson & Rex** 13/16. (S4)
12.00 NOON **Miss Fisher's Murder Mysteries** 7/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 21/22. (S5)
5.00 **Hudson & Rex** 13/16. (S4)
6.00 **Father Brown** *The Show Must Go On:* The priest discovers there's more drama offstage than on in the latest production by the Kembleford Players.

9.00 Dark Winds

7.00 Miss Fisher's Murder Mysteries *Murder in Montparnasse:* 7/13. Phryne searches for a missing widow. (S1)

8.00 Death in Paradise *Music of Murder:* 7/8. The lead singer of Dwayne's favourite band is killed during a carnival. (S1)

9.00 Dark Winds New episode *Abutendi:* 6/8. Leaphorn is forced to confront his darkest memories. (S3)
■ Entire series on Box Sets

10.00 Death in Paradise *Political Suicide:* 5/8. The island's commerce minister commits suicide after his affair is exposed. (S3)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 7/21. Todd tries to convince his brother Lawrence to come home for Thanksgiving. (S1)
1.00 AM **Death in Paradise** (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

8.00 Blackadder II

7.20 Dad's Army The platoon compete against a rival unit for the honour of guarding Prime Minister Winston Churchill.

8.00 Blackadder II Edmund receives a visit from a bloodthirsty bishop. **8.40** Lord Melchett challenges Edmund to a drinking contest that he cannot get out of. **9.20** Edmund and Lord Melchett are kidnapped by a master of disguise.

10.00 Men Behaving Badly Dorothy welcomes Gary's suggestion of an open relationship.
10.35 **Blackadder II** As 8pm.
11.15 **Blackadder II** Double bill.
12.35 AM **Men Behaving Badly**
1.10 **Blackadder II** Triple bill
3.05 **Men Behaving Badly**
3.30 **to 4.00** AM **Keeping Up Appearances** Hyacinth spots a strange man leaving Elizabeth's house.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Man Lab**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin's Great British Power Trip** Documentary.
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** The chef samples seafood dishes in Majorca.

6.00 Mediterranean Escapes

7.00 Would I Lie to You? With Kirsty Young, Joanna Scanlan, Henning Wehn and Greg Rutherford.
7.40 Richard Osman's House of Games With Trevor Nelson and Des Clarke. **8.20** Contestants include Sarah Kendall and Bobby Seagull.

9.00 Have I Got a Bit More News for You Alexander Armstrong hosts the quiz, with guests Geoff Norcott and Mishal Husain.

10.00 QI XL Guests Cally Beaton, Nish Kumar and Laura Smyth join regular panellist Alan Davies and host Sandi Toksvig.
11.00 **Taskmaster** Nish Kumar pretends he is Robin Hood, Aisling Bea bleeds on bread, while Mark Watson feels the wrath of yoghurt.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 19-21/22. (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Immortals:* 4/23. A sailor's body is discovered in the sea. **7.00** *The Curse:* 5/23. A hunter stumbles across the mummified body of a Navy lieutenant. **8.00** *High Seas:* 6/23. Two sailors are found dead of an apparent drug overdose. (S1)
9.00 **Law & Order: Criminal Intent** New episode *The Sound of Silence:* 7/10. The discovery of a woman's remains leads detectives to a toxic workplace. (S1)
10.00 **Law & Order: Special Victims Unit** (S17)
1.45 AM **Blue Bloods** (S9)
2.40 **Sight Unseen** New episode 5/10. Tess and Sunny chase a killer on campus. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Amazing Cleans**
10.00 **22 Kids & Counting**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** The doctors have stern words for a patient.
8.00 **Casualty 24/7: Every Second Counts** This time, paediatric sister Jemma Wray treats two critically ill children.
9.00 **Fare Dodgers: At War with the Law**
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Alan Jermey.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM The Last Hunt** Western drama starring Robert Taylor. (1955, PG, 108min) ★★
2.05 PM **FILM The Last Challenge** Western starring Glenn Ford. (1967, PG, 90min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Barry Peach outsmarts a disqualified driver. **7.00** PC Barry Peach hunts for a man suspected of assault.
8.00 **Motorway Cops: Catching Britain's Speeders** Double bill.
10.00 **Police: Suspect No 1**
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Documentary.
1.00 AM **Ice Road Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **One Born Every Minute** Experienced midwife Gail helps a woman through her labour. **9.00** A well-prepared couple look forward to their child's birth.
10.00 **Pete Wicks: For Dogs' Sake** Pete meets Chow Chow Nugget who has a longer stay than planned.
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux – Extreme Love: Dementia**
1.35 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.30 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **NEW SERIES Harry Wild** *Killing Me Softly with His Bad Pop Song:* 1/6. The singer of a band falls off a roof in an apparent suicide. (S3)
9.00 **Whitstable Pearl** *Civil War:* 3/6. (S1)
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Hotel Portofino**
1.50 **One Foot in the Grave**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Rise of the Nazis: Dictators at War**
11.00 **True Evil: The Making of a Nazi**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: Dictators at War**
5.00 **True Evil: The Making of a Nazi**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Flipping Bangers** Gus and Will want to buy a Scandinavian car and settle on a Saab.
9.00 **Bangers & Cash**
11.00 **Bangers & Cash: Restoring Classics**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: Dictators at War**

+1 hour 255 329

U&Yesterday has moved to here

TUESDAY Entertainment

All four GREAT! channels can found here

Tuesday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Long Lost Family** Davina McCall and Nicky Campbell help a woman search for her missing daughter.
10.00 **Long Lost Family: What Happened Next** Catching up with a divorced couple reunited with their son.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.00 **The Waltons** 10/25. (S1)
10.00 **Little House on the Prairie** 22-24/24. (S4)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 1/6. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 19/26. The surgeons are convinced it is time to finally update their medical skills. **8.00** 20/26. Radar seeks Hawkeye's help when he falls in love. **8.30** 21/26. The 4077th are forced to evacuate to a nearby cave. (S7)
9.00 **Brush Strokes** (S1&3)
11.00 **Born and Bred** (S4)
12.00 M'T **Down to Earth** (S5)
1.10 AM **Rumpole of the Bailey** 2/6. (S1)
2.20 **Brush Strokes** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.30 **FILM Seminole Uprising** Western. (1955, PG, 74min) ★
12.00 NOON **The High Chaparral** 12/26. (S2)
1.00 PM **FILM Apache Territory** Western. (1958, U, 77min) ★★
2.30 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Kill Command** Sci-fi thriller. (2016, 15, 100min) ★★★
11.00 **FILM Predestination** Sci-fi thriller. (2014, 15, 98min) ★★★★
1.00 AM **The Avengers**
2.00 **The New Avengers**
3.00 **FILM Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 14/24. (S5)
12.10 PM **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG) ★★
2.05 **FILM Murder 101** Mystery. (2008, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 15/24. (S5)
8.00 **Unforgettable** (S2)
9.00 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** (2020, PG) ★★
10.55 **FILM Garage Sale Mystery** Crime drama. (2013, PG, 90min) ★★
12.50 AM **FILM Cry for Justice** Drama. (2013, 12) ★★
2.30 **FILM A Night to Regret** Drama. (2018, 12) ★★
4.05 **to 4.50** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM Love & Where to Find It** (2021, PG) ★★
10.15 **FILM Love at Sunset Terrace** Romantic drama. (2020, PG, 85min) ★★
12.10 PM **FILM Love Strikes Twice** Time travel fantasy. (2021, PG, 84min) ★★
2.10 **FILM The Presence of Love** Romantic drama. (2022, PG, 84min) ★★
4.05 **FILM A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
6.00 **FILM Love Blossoms** Drama. (2017, PG) ★★
8.00 **FILM PREMIERE Love by Design** Romantic drama. (2023, PG, 84min) ★★
9.55 **FILM Wedding Do Over** Drama. (2018, PG) ★★
11.50 **FILM Love on the Rise** Drama. (2020, U) ★★
1.40 AM **Highway to Heaven**
2.35 **FILM The Presence of Love** As 2.10pm.
4.00 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Soap** 23/25. (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life of Edgar Briggs**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 7/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life...**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 1/7. (S2)
7.30 **The Dustbinmen** (S2)
8.00 **Boon** 7/13. (S2)
9.00 **Lady Killers**
10.00 **Game On** 5/6. (S1)
10.35 **Stereo Underground**
11.35 **Star Maidens** (S1)
12.05 AM **Rewind to the 80s**
1.05 **Game On** 5/6. (S1)
1.40 **Discovering Gardens**
2.10 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Aussie Gold Hunters** Shane is lured out of retirement to find gold on Messenger's Patch. **10.00** Rookie prospector Kat removes an old stump from the middle of the Brumbie's lease. **11.00** The Dust Devil's entire operation is forced to shut down.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Secret Eats with Adam Richman**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
10.30 **Paul Hollywood: City Bakes** Paul visits Paris, where he sees the baguette baked in the city that invented them.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 9/27. (S4)
9.00 **The A-Team** 12/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM Warbirds** Drama. (2008, 15, 87min) ★★
1.00 PM **FILM Sahara** World War Two drama. (1943, b/w, PG, 97min) ★★★
3.00 **FILM Flight to Tangier** Espionage thriller. (1953, PG, 90min) ★★
5.00 **Star Trek** 22/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 13/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Donnie Brasco** Fact-based crime drama starring Al Pacino. (1997, 18, 126min) ★★★★
11.30 **FILM Acceleration** Action adventure. (2019, 15, 85min) ★★
1.15 AM **FILM A Certain Justice** Action adventure. (2014, 15, 96min) ★★
3.10 **to 5.00** AM **FILM Lust for a Vampire** Horror. (1970, 18, 95min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **Jules Verne's Mysterious Island**
11.00 **Andromeda** 20/22. (S5)
12.00 NOON **FILM The Legend of Butch and Sundance** Western. (2004, PG, 87min) ★★
2.00 PM **Jules Verne's Mysterious Island**
4.00 **Walker, Texas Ranger**
5.00 **FILM Collision Earth** Sci-fi action thriller starring Kirk Acevedo. (2011, 12, 95min) ★★
7.00 **Andromeda** 21/22. (S5)
8.00 **The Fall Guy** 5/23. (S1)
9.00 **FILM Acts of Violence** Crime drama with Bruce Willis and Cole Hauser. (2018, 15, 86min) ★★
10.50 **FILM First Kill** Action thriller with Bruce Willis. (2017, 15, 97min) ★★
1.00 AM **FILM Acts of Violence** As 9.00pm.
3.00 **FILM Collision Earth** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Deadman's Curse**
10.00 **When Big Things Go Wrong** Airliner crash.
11.00 **WWE's Greatest Moments** Double bill.
12.00 M'T **Bermuda Triangle: Into Cursed Waters**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Operation Pet Rescue**
11.00 **Ben Fogle: New Lives in the Wild** Oregon River.
12.00 NOON **The Pacific War in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo: Agenda for Murder** Crime drama.
5.00 **The City Under the Sea: Drain the Oceans**
6.00 **Digging Up Britain's Past** Auckland Castle
7.00 **The Pacific War in Colour** The Allies' success in the Coral Sea.
8.00 **Ben Fogle: New Lives in the Wild** Zambia.
9.00 **The Hotel Inspector**
10.00 **Rich House, Poor House** Reality series.
11.00 **Rich Holiday, Poor Holiday** Reality series.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Nigel Havers, Dave Gorman, Melinda Messenger and Michelle Hardwick.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities compete in the quiz to win a cash prize for a charity of their choice.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Tenable** A team of five colleagues take part.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Say Yes to the Dress: Atlanta**
12.00 NOON **Young Sheldon**
2.30 PM **The Big Bang Theory** Nine episodes.
7.00 **The Big Bang Theory** Twelve episodes of the sitcom, including at: **10.30** 17/17. Penny finally agrees to go on a date with Leonard. **11.00** 1/17. Pilot episode of the comedy starring Jim Parsons. **11.30** 2/17. Sheldon tries to do Penny a favour by tidying her flat. **12.00** M'T 3/17. Leonard asks a woman out. Guest stars Sara Gilbert. **12.30** AM 4/17. Sheldon is fired from his job and tries to find a new purpose in his life. (S1)
1.00 **The Big Bang Theory**
3.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 313

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 4&5/23. (S5)
11.00 **Everybody Loves Raymond** 6-9/25. (S5)
1.00 PM **Friends** (S1)
7.00 **Friends** 21/24. Ross's pet monkey hits puberty. **7.30** 22/24. Monica dates a high-school senior. **8.00** 23/24. Carol gives birth to Ross' child. **8.30** 24/24. Ross's true feelings for Rachel are finally revealed. (S1)
9.00 **FILM Picture Perfect** Romantic comedy with Jennifer Aniston. (1997, PG, 106min) ★★★
11.05 **Drunk History**
12.05 AM **Whose Line Is It Anyway? USA**
1.05 **South Park**
2.35 **Dara O Briain Talks Funny: Live in London**
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 4&5/23. (S5)
7.00 **Everybody Loves Raymond** 6-9/25. (S5)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** 7-12/24. (S1)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** (S3)
3.00 **Reno 911!** (S1)
3.45 **Jimmy Carr's Am I the A**hole?**
4.30 **Spin City** 4&5/23. (S5)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.10 **Bread** 3/11. (S7)
10.45 **Steptoe and Son** (S5)
11.25 **You Rang, M'Lord?**
12.25 PM **Rising Damp** (S2)
12.55 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 7/13. (S1)
3.05 **Minder** 7/11. (S1)
4.10 **Citizen Smith** (S1)
4.45 **Some Mothers Do 'Ave 'Em** 7/7. (S1)
5.20 **Steptoe and Son** (S5)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.25 **Rising Damp** (S1)
7.55 **Minder** 1/13. (S2)
9.00 **Benidorm** 2/7. (S8)
9.55 **Shameless** 2/14. (S11)
11.00 **Minder** 3/13. (S2)
12.05 AM **Benidorm** (S8)
1.05 **Shameless** 2/14. (S11)
2.05 **Kenny Everett Show**
2.35 **Man About the House**
3.00 **Duty Free** 1/7. (S1)
3.25 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Four editions.
5.00 **Catfish: Fiendish Friends**
6.00 **Celebs on the Ranch** The girls are pitched against the boys in a Line-Dance Off. **7.00** Rick decides who will be the first star to leave the ranch.
8.00 **Teen Mom UK**
9.00 **Just Tattoo of Us**
10.00 **Dating Naked** New editions New-age hippie Ashley and healer Alika want to get married. **11.00** Joe from California and MJ from Detroit meet at a tropical locale.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.00** A look into how wood-burning stoves work. **4.30** The creation of the Morgan three-wheeler.
5.00 **Alaska: Homestead Rescue** Marty responds to a new, desperate plea from the Bower family in eastern Vermont.

9.00 Gold Rush

7.00 **Wheeler Dealers** It's the 50th anniversary of, the Triumph Dolomite Sprint, so Mike and Elvis try to get their hands on one.

8.00 **Wheeler Dealers** Mike and Elvis fix up a Porsche 911 in bad shape, and if they can revive it, they will take it on an epic drive.

9.00 **Gold Rush** New edition Fires threaten to shut down one of Parker's claims, and Rick decides if he'll move to Vegas Valley.

10.00 **Gold Rush** New edition The story of Rick Ness and Parker Schnabel's complicated relationship.

11.00 **Expedition Unknown** Josh chases the treasure of legendary Viking Harald 'Bluetooth' Gormsson.
12.00 M'T **Deadliest Catch**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** A piano-shaped tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A couple who own a vicious kitty. **4.00** A violent cat that can only be calmed by opera music.
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor helps 40 miniature Australian shepherd dogs rescued from a puppy mill.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** The team build a charming treehouse in the style of a rustic river shack on the banks of the Mississippi.

8.00 **Guardians of the Glades** To stop the pythons from establishing new breeding colonies, the team hunt in the Florida Keys.

9.00 **Alaska: The Last Frontier** Atz Lee and Jane rush to the aid of a neighbour who has lost access to fresh water.

10.00 **Alaskan Bush People: Book of Matt** A profile of the Browns' eldest son, who prides himself on his problem-solving skills.

11.00 **The Haunted** A dog is thrown across the room by an entity.
12.00 M'T **Crikey! It's the Irwins** A giraffe birth causes great excitement at the zoo.
1.00 AM **Alaska Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Air Crash Investigation: Special Report**
10.00 **Lost Treasures of Rome**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **The Battle for Britain: Drain the Oceans** Documentary.
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** A look into what is left of Hitler's sea-faring structures.

10.00 WWII: Tank Showdown

7.00 **Air Crash Investigation** How 300 passengers escaped from a plane that caught fire when it veered off the runway.

8.00 **Inside the SS** Hitler's private army, which was formed in 1925 from volunteers subjected to intense propaganda.

9.00 **Inside the SS** The role of the SS, with many volunteering to run the death camps, believing the massacre was a positive.

10.00 **WWII: Tank Showdown** British commander John Semken's Sherman, who faced a German Tiger just 110 metres away.

11.00 **Air Crash Investigation** How American Airlines Flight 587 crashed in New York City.
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.30 **Abandoned**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **Mysteries from Above**
1.00 PM **Beyond the Myth: The SS Unveiled** Documentary.
3.00 **Secrets in the Ice** A grim discovery in the frozen Siberian landscape. **4.00** A network of ice tunnels is explored in Siberia. **5.00** Strange depressions in the ground are investigated.
6.00 **American Pickers**

3.00 Secrets in the Ice

7.00 **Forged in Fire** The remaining bladesmiths must create a san mai billet in their most complex challenge yet.

8.00 **WW2 Air Crash Detectives** A 1943 crash in Gibraltar, which killed Polish Prime Minister in exile Wladyslaw Sikorski.

9.00 **World War II: Witness to War** How German soldiers dealt with the Eastern Front's climate and the Red Army.

10.00 **World War II: Witness to War** Despite the German effort to protect France, the Allies' invasion ended in triumphant liberation.

11.00 **The Proof Is Out There: Military Mysteries** The fate of a pilot during the Korean War.
12.00 M'T **The Proof Is Out There: Military Mysteries**
12.55 AM **American Pickers**
1.50 **World War II: Witness to War** As shown at 10.00pm.
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

6.00 AM **The Nineties**
7.00 **Discovering** Jon Voight.
8.00 **The Directors** Nora Ephron.
9.00 **The Movies**
10.00 **Juan Carlos: Downfall of the King** The King's ex-lover becomes a threat.
11.00 **Ren Faire** Triple bill.
2.10 PM **I Am Burt Reynolds** Friends pay tribute to the actor.
4.00 **Discovering** Jon Voight.
5.00 **The Directors** Nora Ephron.
6.00 **The Movies** The era of *Casablanca*, *It's a Wonderful Life* and *A Star Is Born*.

7.00 Death of a Showjumper

7.00 **Death of a Showjumper** The events surrounding the death of promising young showjumper Katie Simpson in 2020.

8.00 **Death of a Showjumper** Detective James Brannigan explores the past of Katie Simpson's sister's partner Johnny Cresswell.

9.00 **Death of a Showjumper** Katie Simpson's family prepare for Jonathan Cresswell's murder trial.

10.00 **Costa Concordia: Chronicle of a Disaster** Documentary told from different perspectives of the sinking of the ship.

12.00 M'T **Stevie Van Zandt: Disciple** Tracing the musician and actor's career, including his work as a member of Bruce Springsteen's E Street Band and his role as Silvio Dante in *The Sopranos*.
2.50 AM **Dettori** The story of arguably the world's greatest jockey, Frankie Dettori.
5.00 **to 6.00** AM **Discovering**

7 PM
8 PM
9 PM
10 PM

Sky Documentaries can now be found here

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars** The boys visit Fuzz Townsend's friend Alex and his Rover collection.
9.00 **James May's Shed Load of Ideas** New edition The team make a trap for fly tippers and give Wiltshire its own dartboard.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70 151

Quest Red

149 150 137/146 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Fred Talbot.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** Kenneth Noye.
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition Officers rush to save mass stabbing victims.
10.00 **Scene of the Crime with Tony Harris**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Melissa White.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** DI Keogh and DCS Whittaker probe Gary Dean's murder.
8.00 **Murder: Point of Contact** After Zainab Begum vanishes, her daughter is suspicious.
9.00 **Cold Justice** New edition Kelly and Steve look into the case of a woman who was killed on her birthday.
10.00 **Secrets of a Murder Detective** New edition During the 2011 riots, Gavin Clarke is shot in West Yorkshire.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice**
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** In Arizona in 1991, an intruder viciously assaults a woman in her home. **3.00** Catherine Edwards' parents discover her body in the bathroom.
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** A neighbour witnesses a man stab and drown his wife in their pool. **5.30** A house fire turns out to be no accident. **6.00** Police search for a man who committed several crimes in 1957. **6.30** Investigators piece together tiny clues at the scene of a hit-and-run.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Ireland's Most Evil Killers** Joe O'Reilly.
10.00 **Catching the Killer**
11.00 **Rifkin on Rifkin: Private Confessions of a Serial Killer**
1.00 AM **World's Most Evil...**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **King Arthur's Britain** Documentary.
9.30 **Living in the Shadow of World War Two**
10.40 **A Nation Denied**
11.50 **The Cure for Hate**
1.00 PM **Grand Tours of the Scottish Islands**
1.35 **King Arthur's Britain**
2.55 **Living in the Shadow of World War Two**
4.00 **A Nation Denied**
5.00 **The Cure for Hate**
6.15 **King Arthur's Britain**
7.30 **Living in the Shadow of World War Two**
8.35 **A Nation Denied: Ukraine's Battle for History** Documentary.
9.40 **The Cure for Hate: Bearing Witness to Auschwitz** A look into the Holocaust denier behind anti-hate activist group Life After Hate.
10.50 **Living in the Shadow of World War Two**
12.00 M'T **A Nation Denied**
1.05 **to 2.00** AM **Grand Tours**

TUESDAY

Listings for **Sky Documentaries** has moved to the previous page

Tuesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Shark Squad**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Accidental Wilderness...**
10.00 **Arabian Seas**
11.00 **Deep Dive North America**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Accidental Wilderness: Europe's Everglades**
4.00 **Arabian Seas**
5.00 **Gangs of Lemur Island**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **Becoming Elephant: The Orphans of Reteti**
9.00 **Secrets of the Enchanted Waters** Documentary.
10.00 **Great Blue Wild**
11.00 **Gangs of Lemur Island**
12.00 M'T **Deep Dive North America**
1.00 AM **Shark Squad**
2.00 **Becoming Elephant: The...**
3.00 **Secrets of the Enchanted...**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Accidental Wilderness: Europe's...**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **Commando Missions**
11.00 **Ancient Aliens Special Presentation** As 11.20pm.
1.00 PM **Ancient Aliens**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **Commando Missions** Musketoon Operation.
8.00 A mission to liberate Rome.
9.00 **Scary Tales of New York** An attacker who planted bombs across the city.
10.10 A plot to kill Irish down-and-out Michael Malloy.
11.20 **Ancient Aliens Special Presentation** The link between electromagnetic phenomena and sacred structures.
1.20 AM **Ancient Aliens**
2.10 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

7.00 AM **How It's Made: Dream Cars**
8.00 **How It's Made**
8.30 **Above and Beyond: NASA's Journey to Tomorrow**
10.00 **How the Universe Works**
11.00 **Alaska Mega Machines**
12.00 NOON **The Dino Hunters**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
5.00 **NASA's Unexplained Files**
6.00 **How It's Made: Dream Cars**
7.30 **How Do They Do It?** The making of Parmesan cheese.
8.00 A look at ways to weave an authentic Turkish carpet.
8.30 Examining how the street lamps of Venice are cast.
9.00 **Incredible Engineering Blunders: Fixed** Justin investigates a landslide in Turkey.
10.00 The science behind a skyscraper melting a car.
11.00 **You Have Been Warned**
1.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Pawel Relowicz.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **NEW SERIES Murder on Trial** A look at America's most gripping homicide cases.
10.00 **Murder at the Motel** A soldier is found murdered.
11.00 **City Confidential**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **NEW House Party Killer**
3.00 **Secrets of Polygamy**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Casey and Brutus: Grizzly Encounters**
10.00 **Wild Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Australia's Wild Woodlands**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: North Carolina** Zookeepers try to take blood from a lion.
8.00 **Cave Crocs of Gabon** The discovery of a community of dwarf crocodiles living in Gabon's Abanda Caves.
9.00 **Battle of the Swamp Dragons** Crocodiles and alligators fight in south Florida.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **Day After D-Day**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Examining the formation of a black hole.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Day After D-Day** Survivors of the Normandy invasion recall their experiences.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** 2/2. Henry Cole continues his trip through New Zealand's South Island.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Doctor Who**
1.00 PM **Doctor Who**
7.20 **Doctor Who** *The Green Death – Part Five:* 25/26. The lift in Global Chemicals leads the Doctor to the culprit responsible for the events in Llanfairfach.
7.55 *The Green Death – Part Six:* 26/26. Boss wonders how Yates uncovered his plans and decides to give him the total processing, making him the first of the slave elite. (S10)
8.30 *The Time Warrior – Part One:* 1/26. The Brigadier asks the Doctor to search for a number of missing scientists.
9.05 *The Time Warrior – Part Two:* 2/26. The Doctor traces the scientists to Irongron's castle.
9.35 *The Time Warrior – Part Three:* 3/26. The Doctor escapes the confines of the castle.
10.05 *The Time Warrior – Part Four:* 4/26. The Doctor attempts to return the scientists to their own time. (S11)
10.40 PM **to 6.00** AM **Doctor Who**

+1hour 266 376

ID

154 141 166

8.00 AM **Til Death Do Us Part**
9.00 **The Perfect Murder**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The murder of businesswoman Joy Dishneau.
1.00 PM **The Perfect Murder**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Who Killed Jane Doe?**
7.00 **Til Death Do Us Part** The murder of Frank Rodriguez, orchestrated in September 2000 by his wife Angelina who hoped to collect $250,000 from his life insurance.
8.00 Cynthia Smith and David Mueller's happy marriage was rocked by a tragic illness. When David died, detectives uncovered a sinister plot.
9.00 **Evil Lives Here**
10.00 **Matriarch of Murder?**
11.00 **The Curious Case of...**
12.00 M'T **The Playboy Murders**
2.00 AM **Who Killed Jane Doe?**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** Part of a bridge collapses in Arkansas.
7.00 **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard faces the hard reality that the workshop isn't yet making any money.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues**
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.25 AM **Hallow Road** As 3.45pm.
7.50 **Borderline** As 2.50am.
9.30 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
11.30 **Nuremberg** As 8.00pm.
2.00 PM **A Minecraft Movie** Fantasy starring Jack Black. (2025, PG, 101min) ★★★
3.45 **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
5.10 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★

5.10 M:I - The Final Reckoning

8.00 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon, Colin Hanks, Leo Woodall and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 28 Years Later Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Sinners** Horror thriller starring Michael B Jordan. (2025, 15, 132min) ★★★★
2.50 **Borderline** Dark comedy horror with Samara Weaving. (2025, 15, 94min) ★★★
4.35 **to 6.15** AM **Safe House** Thriller starring Lucien Laviscount. (2025, 15, 90min)

Sky Cinema Science Fiction

303 303 403 503 517

7.00 AM **Johnny Mnemonic** Thriller. (1995, 15, 98min) ★★
8.40 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
10.15 **Mad Max 2** (1981, 18) ★★★★
11.55 **Mad Max Beyond Thunderdome** (1985, 15) ★★★
1.45 PM **Arrival** Sci-fi drama. (2016, 12, 116min) ★★★★★
3.45 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
6.30 **Cloverfield** Disaster movie. (2007, 15, 81min) ★★★

8.00 Waterworld

8.00 Waterworld Sci-fi action adventure starring Kevin Costner, Dennis Hopper and Jeanne Tripplehorn. In a future world entirely covered by water, a solitary hero called the Mariner leads a quest for dry land. With Michael Jeter and Tina Majorino. (1995, 12, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Mickey 17 Sci-fi comedy starring Robert Pattinson. In 2054, criminal Mickey Barnes agrees to be reprinted every time he perishes, but eventually meets a copy of himself. (2024, 15, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Logan's Run** Adventure. (1976, PG, 115min) ★★★★
2.50 **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. (1992, 15, 105min) ★★★
5.20 **to 7.05** AM **I.S.S** Sci-fi drama. (2023, 15, 95min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **Night Call** As 4.00pm.
8.00 **Chuck Chuck Baby** (2023)
9.50 **Carmen** Musical starring Paul Mescal. (2022, 15, 116min) ★★★
11.55 **Pawn Sacrifice** Fact-based drama. (2014, 12, 115min) ★★★★
1.55 PM **About Time** Romantic comedy fantasy with Domhnall Gleeson. (2013, 12, 120min) ★★★
4.00 **Night Call** French-Belgian thriller. (2024, 15, 97min) ★★★★
5.40 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix, Lady Gaga and Brendan Gleeson. (2024, 15, 138min) ★★★★
8.00 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★
10.10 **Cool Hand Luke** Prison drama starring Paul Newman as a chain gang convict who becomes a hero to his fellow prisoners. With George Kennedy. (1967, 15, 126min) ★★★★★
12.20 AM **Chuck Chuck Baby** Drama starring Louise Brealey. (2023, 15, 101min) ★★★★
2.05 **P.S. I Love You** Romantic comedy drama starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★
4.15 **to 6.15** AM **Pawn Sacrifice**

Sky Cinema Horror

311 311 411 511 525

6.30 AM **Tarot** As shown at 4.30pm.
8.05 **Arcadian** As shown at 1.15am.
9.40 **The Parenting** As 2.55am.
11.20 **It Feeds** As shown at 9.45pm.
1.05 PM **Trap** M Night Shyamalan's thriller starring Josh Hartnett. (2024, 15, 105min) ★★★★
2.55 **Jules** Sci-fi comedy drama. (2023, 12, 87min) ★★★
4.30 **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
6.10 **Evolution** Sci-fi comedy starring David Duchovny. (2001, PG, 101min) ★★★★
8.00 **The Nun** Horror thriller starring Demián Bichir and Taissa Farmiga. A troubled priest and a novice nun discover a religious order's terrible secret and battle a malevolent force. (2018, 15, 96min) ★★★
9.45 **It Feeds** Horror starring Ashley Greene. A young girl claims an entity is feeding on her. (2025, 15, 102min) ★★★
11.35 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
1.15 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
2.55 **The Parenting** Horror comedy. (2025, 15, 94min) ★★★
4.40 **to 6.20** AM **Die Alone** Horror. (2024, 15, 91min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Jack the Giant Slayer** Fantasy. (2013, 12) ★★★
8.05 **The Witches** As 12.15am.
9.50 **MouseHunt** As 2.00am.
11.40 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
1.20 PM **Yogi Bear** (2010, U) ★★★
2.55 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
4.30 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
6.00 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★

6.00 Look Who's Talking

7.50 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Witches** Fantasy. (1989, PG, 90min) ★★★★
2.00 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
3.50 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
5.35 **to 7.55** AM **Stardust** Fantasy comedy adventure. (2007, PG, 127min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.50 AM **William Tell** Drama. (2025, 15, 133min) ★★★
9.10 **Hellboy** Comic-book horror. (2004, 12, 122min) ★★★★
11.30 **Novocaine** As 11.00pm.
1.30 PM **Jurassic World** Adventure sequel starring Chris Pratt. (2015, 12, 124min) ★★★★
3.45 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
6.00 **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith. (2024, 15, 115min) ★★★

11.00 Novocaine

8.00 **The Patriot** Epic period drama starring Mel Gibson, Heath Ledger and Jason Isaacs. A pacifist plantation owner is drawn into the American War of Independence after a British officer shoots one of his children in cold blood. With Joely Richardson, Chris Cooper and Tcheky Karyo. (2000, 15, 167min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Novocaine** Action comedy with Jack Quaid and Ray Nicholson. (2024, 15, 80min) ★★★
1.05 AM **The Good, the Bad and the Ugly** Sergio Leone's classic Spaghetti Western starring Clint Eastwood, Lee Van Cleef and Eli Wallach. (1966, 15, 155min) ★★★★★
4.15 **to 6.15** AM **Shenandoah** Western starring James Stewart and Doug McClure. (1965, PG, 101min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
8.25 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
10.15 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
12.10 PM **We're the Millers** Comedy. (2013, 15, 110min) ★★★★
2.05 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
4.10 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
6.00 **Superbad** (2007, 15) ★★★★

9.50 Kangaroo Jack

8.00 **Beetlejuice Beetlejuice** Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to the close-knit community of Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Kangaroo Jack** Crime comedy starring Jerry O'Connell, Anthony Anderson, Estella Warren and Christopher Walken. (2003, PG, 89min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
12.55 AM **Jackass Number Two** Slapstick comedy sequel. (2006, 18, 92min) ★★
2.30 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.10 **Jackass Presents: Bad Grandpa .5** Hidden camera comedy. (2014, 15, 82min) ★★
5.40 **to 7.15** AM **The Golden Child** Adventure with Eddie Murphy. (1986, PG, 93min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **The Desperate Hour** Thriller. (2021, 12) ★★★★
7.50 **Along Came a Spider** (2001)
9.35 **Clear and Present Danger** Action thriller. (1994, 12) ★★★
12.00 NOON **The Perfect Storm** Drama. (2000, 12) ★★★★
2.10 PM **Three Days of the Condor** Thriller. (1975, 15) ★★★★
4.10 **Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15) ★★★★
6.05 **Speak No Evil** (2024) ★★★★

10.10 Dirty Harry

8.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With JK Simmons, John Lithgow and Jon Bernthal. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Dirty Harry** Thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan pursues a sniper. (1971, 15, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Reindeer Games** Thriller starring Ben Affleck. (2000, 15, 105min) ★★★★
2.05 **Along Came a Spider** Thriller. (2001, 15, 103min) ★★★
4.00 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
5.45 **to 7.30** AM **3.10 to Yuma** Western starring Glenn Ford. (1957, b/w, PG, 80min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Bedford Incident** Thriller. (1965, b/w, PG) ★★★
1.05 PM **Broken Arrow** Western. (1950, PG, 93min) ★★★★
2.55 **Ten Tall Men** Adventure. (1951, U, 97min) ★★★
4.50 **Von Ryan's Express** World War Two action drama. (1965, PG, 117min) ★★★★
7.10 **The Old Man & the Gun** Fact-based crime drama. (2018, 12, 93min) ★★★★

7.10 The Old Man & the Gun

The Old Man & the Gun (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Heat** Michael Mann's crime thriller starring Al Pacino and Robert De Niro. An LA police detective is determined to catch an elusive master criminal whose dedication to his profession matches his own. (1995, 15, 171min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 **to 3.15** AM **Bad Times at the El Royale** Mystery thriller starring Jeff Bridges. In the late 1960s, several strangers, many with a secret to bury, meet by chance at a rundown Lake Tahoe hotel with a dark past. With Cynthia Erivo, Dakota Johnson, Jon Hamm and Chris Hemsworth. (2018, 15, 141min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Blockbusters

302 302 402 502 516

6.20 AM **Madagascar** As 5.35am.
8.00 **Fast & Furious 8** Action thriller sequel. (2017, 12, 136min) ★★★
10.20 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
12.20 PM **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
2.10 **Jurassic World: Fallen Kingdom** Action adventure sequel starring Chris Pratt. (2018, 12, 128min) ★★★
4.20 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
6.05 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game again. (2024, 15, 125min) ★★★★
10.10 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively and Justin Baldoni. (2024, 15, 125min) ★★★
12.30 AM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
2.55 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★★
4.55 **Sky Cinema Preview**
5.35 **to 7.15** AM **Madagascar** Animated family comedy. (2005, U, 86min) ★★★★

Sky Cinema Greats

304 304 404 504 518

8.05 AM **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
9.50 **Streetfighter** Action drama. (1994, 12, 102min) ★★
11.40 **Two Mules for Sister Sara** Comedy Western starring Clint Eastwood and Shirley MacLaine. (1969, 15, 114min) ★★★
1.40 PM **The Bridges at Toko-Ri** Korean War drama with William Holden. (1954, U, 99min) ★★★
3.40 **Batman** Tim Burton's comic-book adventure. (1989, 15, 121min) ★★★★
5.50 **Batman Returns** Adventure. (1992, 12, 121min) ★★★★
8.00 **Batman Forever** Comic-book adventure starring Val Kilmer, Tommy Lee Jones and Jim Carrey. (1995, 12, 121min) ★★★
10.05 **Batman & Robin** Fantasy adventure starring George Clooney, Chris O'Donnell and Arnold Schwarzenegger. (1997, PG, 125min) ★★
12.10 AM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
2.25 **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
4.35 **Sky Cinema Preview**
5.35 **to 8.55** AM **The Godfather Part II** Epic gangster sequel. (1974, 18, 200min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
7.15 **The Adventures of Tintin: The Secret of the Unicorn**
9.05 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
10.45 **Scoob!** As shown at 7.40pm.
12.25 PM **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
2.20 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
4.00 **Home** Animated adventure. (2014, U, 94min) ★★★
5.40 **Rango** Animated Western. (2011, PG, 103min) ★★★★
7.40 **Scoob!** Animated adventure. (2020, PG, 93min) ★★★
9.25 **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★
10.55 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
12.15 AM **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
2.05 **Noah's Ark** (2024, U) ★★★
3.50 **Into the Wonderwoods** Animation. (2024, U) ★★★
5.30 **to 7.15** AM **Boonie Bears: Guardian Code** (2023, PG) ★★★

Movies 24

312 313 419

7.00 AM **Hanukkah on Rye** Comedy. (2022, PG, 90min) ★★
9.00 **Mr Pawsitively Perfect** Drama. (2023, PG, 90min) ★★
11.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
1.00 PM **Love's Greek to Me** Drama. (2023, PG, 90min) ★★
3.00 **An American in Austen** Romantic comedy drama. (2024, PG, 84min) ★★
5.00 **Return to Office** Romantic drama. (2025, PG, 84min) ★★
7.00 **Lease on Love** Romantic comedy starring Rebecca Liddiard and Dan Jeannotte. (2022, PG, 86min) ★★
9.00 **Heart of the Manor** Romantic comedy drama starring Ashlynn Yennie and Ross Jirgl. A real-estate agent finds herself in competition with a developer who wants to buy her family's historic estate. (2021, PG, 85min) ★★
11.00 **Sparks Over Brooklyn** Drama. (2023, PG, 89min) ★★
1.00 AM **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Haunted Wedding** Fantasy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **London Entertains** Documentary about the Festival of Britain. (1951, b/w, U) ★★★
7.00 **Woman on the Run** Drama. (1950, b/w, PG, 77min) ★★★
8.35 **Don't Say Die** Comedy. (1950, b/w, U, 72min) ★★★
9.45 **A Gunman Has Escaped** Drama. (1948, b/w, PG, 53min) ★★★
10.50 **Recoil** Thriller with Kieron Moore. (1953, b/w, PG, 79min) ★★★
12.20 PM **The Professionals** Crime drama. (1960, b/w, 61min) ★★★
1.35 **Doctor in the House** Comedy. (1954, U, 91min) ★★★
3.25 **The Heart Within** Crime drama. (1957, b/w, U, 61min) ★★★
4.40 **Mon Oncle** Slapstick satire. (1958, U, 104min) ★★★
6.55 **The Man from UNCLE** (S1)
8.00 **Francis Durbridge's Melissa**
9.05 **The Case of the Frightened Lady** Drama. (1983, PG) ★★★
10.50 **Hammer House of Mystery and Suspense** 9/13. (S1)
12.25 AM **The Red House** Thriller. (1947, b/w, PG, 100min) ★★★
2.25 **Ruth Ellis and the Mystery Lover** Documentary.
4.00 **Target: The Corruptors** (S1)
5.00 **The David Niven Show**
5.30 **to 6.00** AM **The Beverly Hillbillies**

TUESDAY Sport 13 January

Sky Sports Main Event

401 401 511 501 419 439

- **6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
- **12.00** NOON **Transfer Talk**
- **1.00** PM **Lunchtime Live**
- **2.00** **Sports Desk**
- **3.30** **LIVE SA20 Paarl Royals v Durban Super Giants.** Coverage of the match from Boland Park.
- **7.00** **LIVE EFL Cup Newcastle United v Manchester City.** The opening semi-final first-leg at St James' Park. Kick-off **8.00pm**.
- **10.45** **LIVE ATP Tennis** Coverage of day three of the ATP Auckland Open, a hard-court tournament at ASB Tennis Centre in Parnell.
- **12.00** M'T **LIVE TGL Jupiter Links Golf Club v New York Golf Club.** Coverage of the fourth match of the team competition staged at SoFi Center in Palm Beach Gardens in Florida.
- **2.00** **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.

Sky Sports Premier League

402 402 512 502 420 440

- **6.00** AM **Transfer 360**
- **6.30** **PL Greatest Games**
- **7.00** **Premier League Legends**
- **8.00** **Premier League 100 Club**
- **9.00** **Good Morning Transfers**
- **10.00** **Sky Sports FC**
- **12.00** NOON **Transfer Talk**
- **1.00** PM **Premier League Years** Classic games and moments of skill from the 2002/03 season.
- **3.00** **PL Retro** Chelsea v Tottenham Hotspur in the 2015/16 season.
- **5.00** **The Premier League Show**
- **7.00** **The Transfer Show** Analysis of the latest transfer news.
- **8.00** **Transfer 360** Transfers involving Gareth Barry and Nemanja Vidic.
- **9.00** **Gary Neville's Soccerbox** The host is joined by Thierry Henry. **9.30** Featuring Ian Wright.
- **10.00** **Premier League Review** Action from the 21st round of fixtures.
- **11.00** **Premier League Years** Classic games, infamous blunders and moments of skill from the 2003/04 season.
- **1.00** AM **PL Retro** A replay of Leeds United v Liverpool from 2000.
- **3.00** **PL Greatest Games**
- **4.00** **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- **6.00** AM **EFL Cup Retro**
- **8.00** **Best Scottish Premiership Goals**
- **9.00** **EFL Greatest Games**
- **10.00** **Championship Season Review**
- **11.00** **EFL Rivalries**
- **11.30** **Jimmy Glass: The Great Escape**
- **12.00** NOON **SPFL Round-Up**
- **12.15** PM **SPFL Highlights**
- **12.30** **Bundesliga Highlights Show**
- **1.30** **EFL League One Goals**
- **2.00** **EFL League Two Goals**
- **2.30** **WSL** Manchester City v Everton.
- **3.00** **SPFL Highlights**
- **3.45** **EFL Highlights**
- **4.30** **Bundesliga Highlights Show**
- **5.30** **WSL** Manchester City v Everton.
- **6.00** **EFL Cup Highlights**
- **7.00** **LIVE EFL Cup Newcastle United v Manchester City.** Coverage of the opening semi-final first-leg held at St James' Park. Kick-off **8.00pm**.
- **10.45** **SPFL Round-Up**
- **11.00** **SPFL Highlights**
- **11.30** **EFL Greatest Games**
- **12.00** M'T **EFL Cup Highlights**
- **12.30** AM **EFL Cup Retro**
- **2.30** **Celtic's Invincibles**
- **3.30** **EFL Greatest Games**
- **4.00** **EFL Cup Highlights**
- **5.00** **to 6.00** AM **SPFL**

Sky Sports Cricket

405 405 514 504 422 442

- **6.00** AM **Big Bash League**
- **7.00** **Best of Jimmy Anderson**
- **7.10** **Big Bash League**
- **8.10** **LIVE Big Bash League Melbourne Stars v Adelaide Strikers.** Coverage of the T20 match staged at Melbourne Cricket Ground. These two sides met just the once last season in Adelaide with the Strikers coming away with a 15-run victory.
- **11.30** **Best of England v South Africa**
- **11.45** **Best of ICC WT20**
- **12.00** NOON **SA20** Recent action.
- **2.00** PM **Big Bash League**
- **3.00** **Best of Jimmy Anderson**
- **3.10** **Best of Sky Cricket**
- **3.20** **LIVE SA20 Paarl Royals v Durban Super Giants.** Coverage of the match from Boland Park.
- **7.00** **Big Bash League**
- **8.00** **WPL** Mumbai Indians v Gujarat Giants at DY Patil Stadium.
- **9.00** **SA20** Paarl Royals v Durban Super Giants at Boland Park.
- **10.00** **Big Bash League**
- **2.20** AM **Best of Jimmy Anderson**
- **2.30** **Best of England v South Africa**
- **2.45** **Best of ICC WT20**
- **3.00** **Big Bash League**
- **4.00** **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

- **6.00** AM **PGA Tour Golf**
- **12.30** PM **DP World Tour Golf** The DP World India Championship.
- **5.30** **PGA Tour Golf** A chance to see the fourth and final day of the 2025 Procore Championship staged at Silverado Country Club.
- **8.30** **Beyond the Scorecard**
- **9.00** **You Can Play Golf**
- **9.30** **Rory's 2025** A look at a year in the career of the newly minted Grand Slam champion Rory McIlroy, who finally ended his wait for an illustrious Green Jacket.
- **11.00** **The Open – Official Films**
- **12.00** M'T **LIVE TGL Jupiter Links Golf Club v New York Golf Club.** Coverage of the fourth match of the team competition, staged at SoFi Center in Palm Beach Gardens in Florida.
- **2.00** AM **Golf Highlights**
- **3.00** **Nick Dougherty's Tee Time Tips**
- **4.00** **to 6.00** AM **Golf Highlights**

Sky Sports Tennis

408 408 537 520 425 445

- **6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
- **12.00** NOON **WTA & ATP Tennis**
- **2.30** PM **WTA & ATP Tennis** Action from the WTA and ATP Tours, featuring the WTA Hobart Open and ATP Auckland Open.
- **10.30** **LIVE ATP Tennis** Coverage of day three of the ATP Auckland Open, a hard-court tournament at ASB Tennis Centre in Parnell.
- **12.00** M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.

TNT Sports 1

410 413 521 408 430

- **6.00** AM **LIVE T20 Super Smash** Coverage from New Zealand's domestic T20 competition.
- **8.15** **The Edge** The fifth Ashes Test.
- **9.15** **One-Day International Cricket**
- **10.15** **What I Wore** John Obi Mikel.
- **10.45** **Reframe the Game**
- **11.00** **Snooker Masters**
- **1.00** PM **LIVE Snooker Masters Kyren Wilson v Si Jiahui.** Coverage of the fifth first-round match held at Alexandra Palace.
- **4.30** **LIVE Alpine Skiing** Run one of the women's slalom from Flachau.
- **6.15** **Isuzu UTE A-League Highlights**
- **6.45** **TNT Sports Cricket Reload**
- **7.00** **LIVE Snooker Masters John Higgins v Barry Hawkins.** Coverage of the sixth first-round match held at Alexandra Palace. Higgins has won this title on two occasions, but the most recent of those triumphs was in 2006.
- **10.30** **What I Wore** Best moments.
- **11.00** **TNT Sports Cricket Reload**
- **11.30** **LIVE T20 Super Smash** Coverage from New Zealand's domestic T20 competition.
- **3.00** AM **Alpine Skiing**
- **4.00** **UFC Fight Flashback**
- **5.00** **to 6.00** AM **Champions League**

TNT Sports 2

411 414 522 409 431

- **6.00** AM **Emirates FA Cup**
- **7.00** **Isuzu UTE A-League Highlights**
- **7.30** **A-League Women Highlights**
- **8.00** **LIVE A-League Women Sydney FC v Newcastle Jets.** Coverage of the match staged at Leichardt Oval. Kick-off **8.00am**.
- **10.00** **Serie A** Action from AS Roma v Sassuolo and Inter Milan v Napoli.
- **12.00** NOON **Sign Up – Into Football**
- **12.45** PM **Playing for Our Future**
- **1.00** **LIVE Snooker Masters Kyren Wilson v Si Jiahui.** Coverage of the fifth first-round match staged at Alexandra Palace. Wilson was runner-up to Shaun Murphy last year, having also finished second in 2018, while Si is making his debut in this competition.
- **4.30** **Emirates FA Cup** Round three.
- **5.30** **One-Day International Cricket**
- **6.30** **The Breakdown**
- **7.00** **LIVE Snooker Masters John Higgins v Barry Hawkins.** Coverage of the sixth first-round match held at Alexandra Palace.
- **10.30** **TNT Sports Cricket Reload**
- **11.00** **UFC Fight Flashback**
- **11.30** **What I Wore** David Seaman.
- **12.00** M'T **to 6.00** AM **Isuzu UTE A-League**

Sky Sports NFL

412 410 517 507 426 446

- **6.00** AM **NFL Highlights**
- **10.00** **NFL Bitesize Highlights**
- **11.00** **NFL Highlights**
- **12.00** NOON **NFL Bitesize Highlights**
- **1.00** PM **Good Morning Football**
- **3.00** **NFL Bitesize Highlights**
- **4.00** **NFL Highlights**
- **5.00** **NFL Bitesize Highlights**
- **6.00** **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
- **8.00** **NFL Bitesize Highlights** The fifth Wild Card play-off match. **8.15** Brief highlights from the first Wild Card play-off match. **8.30** Brief highlights of the sixth Wild Card play-off match. **8.45** Action from the fourth Wild Card play-off match.
- **9.00** **NFL Highlights** Action from the second Wild Card play-off match. **10.00** Highlights from the third Wild Card play-off match. **11.00** Action from the fourth Wild Card play-off match.
- **12.00** M'T **The Insiders** The latest news covering all 32 NFL teams.
- **1.00** AM **NFL Bitesize Highlights**
- **2.00** **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

- **6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
- **12.00** NOON **Transfer Talk**
- **1.00** PM **Lunchtime Live**
- **1.50** **LIVE WPL Mumbai Indians v Gujarat Giants.** Coverage of the women's T20 match staged at DY Patil Stadium in Navi Mumbai.
- **5.30** **The Premier League Show**
- **7.00** **The Transfer Show**
- **8.00** **Sports Centre**
- **10.00** **Sky Sports News** Featuring interviews and highlights.
- **10.30** **Back Pages Tonight**
- **11.00** **Sky Sports News**
- **1.00** AM **LIVE NBA Basketball Milwaukee Bucks v Minnesota Timberwolves.** Coverage of the inter-conference match staged at Fiserv Forum. Tip-off **1.00am**.
- **3.30** **Sky Sports News**
- **4.00** **to 6.30** AM **LIVE NBA Basketball Golden State Warriors v Portland Trail Blazers.** Coverage of the Western Conference match at Chase Center in San Francisco, California. Tip-off **4.00am**.

Sky Sports Mix

416 412 510 429 449

- **6.00** AM **EFL Greatest Games**
- **7.00** **Big Bash League**
- **8.00** **SA20** Recent action.
- **9.00** **United Cup Tennis** The final.
- **11.00** **ATP Tennis** Hong Kong Open.
- **12.00** NOON **Big Bash League**
- **1.00** PM **SA20** Recent action.
- **2.00** **PL Greatest Games**
- **3.00** **PL Retro** Chelsea v Man United.
- **5.00** **WTA Tennis** The Auckland Open and Brisbane Open finals.
- **7.00** **ATP Tennis** The Brisbane Open final at Queensland Tennis Centre.
- **8.00** **SA20** Action from Pretoria Capitals v MI Cape Town.
- **9.00** **Big Bash League** Melbourne Stars v Adelaide Strikers.
- **10.00** **United Cup Tennis** Highlights of the final at Ken Rosewall Arena.
- **12.00** M'T **PL Greatest Games**
- **1.00** AM **World Darts Championship**
- **3.00** **EFL Greatest Games**
- **4.00** **to 6.00** AM **NFL Highlights**

TNT Sports 3

413 415 523 410 432

- **6.00** AM **Snooker Masters**
- **8.00** **Dakar Rally Saudi Arabia**
- **9.00** **Training Day** Forest Green.
- **9.30** **Isuzu UTE A-League**
- **3.30** PM **Alpine Skiing**
- **4.30** **LIVE Alpine Skiing** Run one of the women's slalom from Flachau.
- **6.15** **What I Wore** Michel Salgado.
- **6.30** **Premier League Stories**
- **7.00** **Premier League: Big Interview**
- **7.30** **LIVE Alpine Skiing** Run two of the women's slalom from Flachau.
- **8.45** **UEFA Champions League – Stories of the Finals**
- **9.00** **Dakar Rally Saudi Arabia** Action from the ninth stage.
- **10.00** **Fishing: On the Bank**
- **11.00** **Emirates FA Cup**
- **12.00** M'T **ABB FIA Formula E World Championship Highlights**
- **1.00** AM **One-Day International Cricket** India v New Zealand.
- **2.00** **Snooker Masters**
- **4.00** **Formula E Unplugged**
- **5.30** **to 6.00** AM **Formula E**

TNT Sports 4

414 416 524 411 434

- **6.00** AM **Autumn Nations Series**
- **1.00** PM **Autumn Nations Series** Action from Wales v Argentina. **2.00** Italy v South Africa. **3.00** England v New Zealand at Allianz Stadium Twickenham. **4.00** Action from Wales v Japan staged at Principality Stadium.
- **5.00** **Autumn Nations Series** Highlights from Ireland v Australia held at Aviva Stadium in Dublin. **6.00** Highlights of France v Fiji. **7.00** Scotland v Argentina held at Scottish Gas Murrayfield. **8.00** Wales v New Zealand staged at Principality Stadium.
- **9.00** **Autumn Nations Series** Action from Ireland v South Africa held at Aviva Stadium in Dublin. **10.00** Highlights of Italy v Chile. **11.00** France v Australia.
- **12.00** M'T **Autumn Nations Series**
- **3.00** AM **MotoGP Classics**
- **5.00** **to 6.00** AM **MotoGP Classics: Assen 1992**

Premier Sports 1

419 551

- **6.00** AM **Sporting Countdowns**
- **7.00** **LaLiga** Two match replays.
- **11.00** **Scottish Football Social Club**
- **12.00** NOON **LaLiga Match Highlights**
- **1.30** PM **Sporting Countdowns**
- **2.00** **NHL on the Fly**
- **3.00** **Champions Cup Highlights**
- **4.00** **LaLiga** A match replay.
- **5.55** **Sporting Countdowns**
- **6.25** **Eredivisie Highlights**
- **7.25** **LaLiga Match Highlights**
- **7.55** **LIVE Coppa Italia AS Roma v Torino.** Coverage of the last-16 match staged at Stadio Olimpico. Kick-off **8.00pm**.
- **10.15** **LaLiga Match Highlights**
- **11.00** **Scottish Football Social Club**
- **12.00** M'T **LIVE NHL Ice Hockey Columbus Blue Jackets v Calgary Flames.** The inter-conference match at Nationwide Arena. Face-off **12.00m't**.
- **3.00** AM **NHL Specials**
- **3.30** **Coppa Italia** AS Roma v Torino.
- **5.30** **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

- **6.00** AM **Challenge Cup** Another chance to see Cardiff v Racing 92.
- **8.00** **Eredivisie** PSV v Excelsior.
- **10.00** **NHL Ice Hockey** Detroit Red Wings v Carolina Hurricanes.
- **12.00** NOON **Temples of Sport**
- **1.00** PM **Champions Cup** Another chance to see Scarlets v Pau. **3.00** Toulon v Munster.
- **5.00** **Bike World** Magazine.
- **5.30** **Champions Cup** Bordeaux Begles v Northampton Saints. **7.30** A replay of Castres v Bath.
- **9.30** **Temples of Sport**
- **10.00** **NHL Ice Hockey** Detroit Red Wings v Carolina Hurricanes.
- **12.00** M'T **NHL Tonight**
- **1.00** AM **LIVE NHL Ice Hockey Nashville Predators v Edmonton Oilers.** The Western Conference match at Bridgestone Arena. Face-off **1.00am**.
- **4.00** **NHL: This is Hockey**
- **4.30** **Temples of Sport**
- **5.00** **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 516 506 424 444

- **6.00** AM **The Best of F1 2025**
- **8.00** **Brad Pitt Drives a McLaren**
- **8.15** **Formula 2** Bahrain Grand Prix.
- **10.55** **F1 Explained: Pit Lane Battle**
- **11.00** **The F1 Show** Race preview.
- **12.00** NOON **Formula 1** From Bahrain.
- **2.15** PM **Ted's Notebook**
- **2.45** **Cadillac Feature**
- **2.55** **F1 Explained: Lighting**
- **3.00** **Formula 1** Bahrain Grand Prix.
- **7.45** **Ted's Notebook**
- **8.25** **Ted Lego Feature**
- **8.30** **Ted Drives: Part 1 – Training**
- **9.00** **Formula 1** Bahrain Grand Prix. **10.00** Saudi Arabian Grand Prix. **11.00** The Miami Grand Prix.
- **12.00** M'T **to 6.00** AM **The Best of F1 2025**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 14 January Evening Planner

Wednesday

Documentary

How to Keep Your Brain Young

5, 7pm

Dr Amir Khan examines ways we can boost our brain power, whatever our age.

Factual

Landscape Artist of the Year

Sky Arts, 8pm

Stephen Mangan hosts as the painting contest begins in the Lake District.

OnDemand

tv

Hijack

Available today

Idris Elba returns as negotiator Sam Nelson, who is swept up in a crisis when the subway train he is on in Berlin is hijacked.

OnDemand

Disney+

Pole to Pole with Will Smith

Also on Nat Geo, 8pm & 9pm

The Hollywood actor sets off on an epic journey across the globe.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Traitors		9.05 The Traitors...	9.30 Can You Keep...	10.00 News; Local News	
	102 BBC2	7.00 Snooker: The Masters – Live: Neil Robertson v Ronnie O'Sullivan				9.00 Digging for Britain		10.00 One Foot in...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Patience		10.00 Social Media Monsters	
	105 5	7.00 How to Keep Your Brain Young		8.00 Casualty 24/7: Every Second Counts		9.00 Surgeons: A Matter of Life or Death			10.30 Ambulance...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Wild City		9.00 Band of Brothers			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Top Gear: Burma Special				9.40 Film: 28 Days Later...		
	116 BBC4	7.00 Hidden Wales: Last Chance to Save		8.00 The Cambridgeshire Crucifixion		9.00 Snooker: The Masters – Live		10.00 Tinker, Tailor, Soldier, Spy	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	‹ 6.55 Car S.O.S.	7.55 The Dog House			9.00 George Clarke's Building Home		10.00 24 Hours in A&E	
	135 E4	‹ 4.30 AFCON – Live: The opening semi-final (Kick-off 5.00); The second semi-final (Kick-off 8.00)						10.15 The Inbetweeners	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Matlock		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 House of the Dragon		10.15 Heated Rivalry	
	110 U&GOLD	7.20 Dad's Army		8.00 Blackadder the Third				10.00 Men Behaving...	10.35 Blackadder...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers	7.55 Junk & Disorderly			9.00 Film: From Russia with Love			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX	7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks		9.00 Film: Final Score			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise					
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Landscape Artist of the Year		9.00 Douglas Adams: The Man Who Imagined Our Future			10.30 Decoding...
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 NCIS: New Orleans				10.00 Elementary	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Mud Madness		10.00 Kindig Customs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pole to Pole with Will Smith				10.00 Legend of the Giant Squid	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Most Historic Towns		9.00 The Curse of Oak Island		10.00 Forged in Fire	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Abandoned Engineering		9.00 Mega Metro		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Bibaa & Nicole: Murder in the Park						10.00 Elvis Presley: The Searcher	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Sinners		8.00 Nuremberg					10.30 Mission...
	302 BLOCKBUSTERS	‹ 5.45 Spider-Man 2		8.00 Spider-Man 3					10.20 The Amazing...
	303 SCIENCE FICTION	‹ 6.00 The Chronicles of Riddick		8.00 Riddick				10.00 The Running Man	
	304 GREATS	‹ 5.50 Batman & Robin		8.00 Jurassic Park					10.10 The Lost World: Jurassic Park
	305 ANIMATION	‹ 5.45 The Boss Baby	7.35 The Adventures of Tintin: The Secret of the Unicorn				9.35 Bon Voyage, Charlie Brown		
	306 FAMILY	‹ 6.00 Look Who's...	7.35 Stardust					9.55 Monster Trucks	
	307 ACTION	‹ 5.50 Green Lantern		8.00 Batman					10.20 Bumblebee
	308 COMEDY	‹ 5.55 Trading Places		8.00 Big Daddy			9.35 School of Rock		
	309 THRILLER	‹ 5.40 The Hunt for Red October		8.00 Red Dragon				10.15 Hannibal	
	310 DRAMA	‹ 6.15 Lost in Translation		8.00 About a Boy				9.50 The Shawshank Redemption	
	311 HORROR	‹ 6.20 The Nun		8.00 Ma				9.50 The Woman in the Yard	
	313 FILM4	‹ 6.50 I, Robot				9.00 Commando			
SPORT	401 MAIN EVENT	7.00 EFL Cup – Live: Chelsea v Arsenal or Crystal Palace (Kick-off 8.00)							
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 PL Stories	8.30 Cult Heroes	9.00 Transfer 360		10.00 PL Stories	10.30 Cult Heroes
	403 FOOTBALL	7.00 EFL Cup – Live: Chelsea v Arsenal or Crystal Palace (Kick-off 8.00)							
	405 CRICKET	7.00 Big Bash League		8.00 WPL		9.00 SA20		10.00 Big Bash League	
	410 TNT SPORTS 1	7.00 Snooker Masters – Live: Neil Robertson v Ronnie O'Sullivan							10.30 Ultimate Pool
	411 TNT SPORTS 2	7.00 Snooker Masters – Live: Neil Robertson v Ronnie O'Sullivan							10.30 Reload

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost ring. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Garden Rescue** Series finale An uneven garden in Swindon. (S)
4.30 **The Travelling Auctioneers** New edition A woman clears out her 300-year-old farmhouse. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

9.05 The Traitors: Uncloaked

7 PM

7.00 The One Show
Clara Amfo and Vernon Kay present the topical show. (S)

7.30 EastEnders
Nicola gets a nasty surprise, Honey offers a shoulder to cry on, while Gina gives romantic advice to Penny. (S)(AD)

8 PM

8.00 The Traitors
New edition 7/12. Breakfast dials up the pressure and brings fresh allegations to the table. The challenge forces the players to put their trust in one another. (S)(AD)
■ Continues tomorrow

9 PM

9.05 The Traitors: Uncloaked
New edition With celebrity faithful Clare Balding and series one faithful Maddy. (S)(AD)

9.30 Can You Keep a Secret?
New episode 2/6. Harry tries to tell Neha the secret. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 BBC News (S)
10.30 Local News (S)

10.40 FILM The Hunger Games: Mockingjay – Part 1
Part one of the two-part conclusion to the sci-fi adventure series, starring Jennifer Lawrence. Katniss Everdeen becomes the figurehead of a revolution against the despotic Panem regime. With Philip Seymour Hoffman, Julianne Moore and Donald Sutherland. (S) (2014, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.30 AM **The Weakest Link** Contestants include Dermot O'Leary, Charlene White and Lauren Layfield. (S)(R)
1.15 **Weather for the Week Ahead** (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **The Travelling Auctioneers** (R)
6.45 **Bargain Hunt** (S)(R)
7.30 **Sign Zone: Rick Stein's Australia** The Central Coast. (S)(R)(AD)
8.30 **Sign Zone: See Hear** New edition With baker Tasha Stones. (S)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **LIVE Snooker: The Masters** Judd Trump v Ding Junhui: Coverage of the seventh first-round match at Alexandra Palace in London. (S)
5.15 **Flog It!** From Leicester. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Hammed Animashaun, Adam Buxton, Lisa Snowdon and Lorna Watson. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson is joined by Sheli McCoy, AKA Gladiator Sabre, to explore Fife. (S)(AD)

9.00 Digging for Britain

7 PM

7.00 LIVE Snooker: The Masters
Neil Robertson v Ronnie O'Sullivan: Hazel Irvine presents coverage of the eighth and final first-round match at Alexandra Palace in London. These players have won this competition 10 times between them, with a record eight of those titles belonging to O'Sullivan. The last of the Rocket's triumphs came just two years ago, while Robertson was last victorious in 2022, a decade after his previous victory in the event. (S)
■ Coverage continues on BBC4

8 PM

9 PM

9.00 Digging for Britain
New edition 2/6. Featuring two rare finds from an Iron Age hoard, and a look inside the UK's most complex dig in years. There is also the earliest example of an artist's signature from Roman Britain. (S)(AD)

10 PM

10.00 One Foot in the Grave
2/6. Margaret tries to take Victor's mind off his depressing situation by encouraging him to attend a fitness class. (S1) (S)(R)

10.30 Newsnight (S)

11.00 The Million Pound Shaman Scam 2/2. Journalist Tim Rayment's investigation unearths some shocking revelations about Juliette D'Souza. (S)(R)(AD)
12.00 M'T **Snooker: The Masters – Extra** Judd Trump v Ding Junhui. (S)
2.00 AM **Sign Zone: See Hear** (S)(R)
2.30 **Sign Zone: Mystery Road: Origin** 1/6. Crime drama. (S2) (S)(R)(AD)
3.20 **Sign Zone: Waiting for the Out** (R)
4.10 **Sign Zone: Inside the Factory** (R)
5.10 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team are in Burton-on-Trent, where a large collection of gold jewellery gets a huge offer. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Brogan takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** (S)
6.30 **ITV News** (S)

9.00 Grantchester

7 PM

7.30 Millionaire Hot Seat
New edition Jeremy Clarkson hosts as six new contestants race against the clock, answering questions, hoping to climb the Money Ladder. (S)
■ Continues tomorrow

8 PM

8.00 Emmerdale
Evidence is found and an arrest is made, while the search for Bear continues. (S)

8.30 Coronation Street
Ronnie and Kevin start to fear the consequences of Debbie's decision. (S)(AD)

9 PM

9.00 Grantchester
New episode 3/8. Alphy's attempts to cook a romantic dinner are interrupted when the Reverend Lane, the vicar who tried to replace him, turns up at the vicarage. (S10) (S)(AD)
■ Entire series on ITVX

10 PM

10.00 ITV News (S)
10.30 Local News (S)

10.45 NEW SERIES Peston
Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)

11.40 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.05 AM **Teleshopping**
3.00 **Inside M&S at New Year** A behind-the-scenes look at M&S Food as they develop an innovative health range to keep up with the trends of the new year. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** Stephen Mulhern hosts the game show. (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 24-26/26. (S5) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 11-14/24. (S8) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home on the Costa del Sol. (S)(R)
4.00 **A New Life in the Sun** New edition There's a tight turnaround for Rob and Fran's glampsite in Italy when guests request an early check-in. (S)
5.00 **Junior Bake Off** New edition The young bakers create their inner animal in bread form. (S)(AD)
6.00 **A Place in the Sun** New edition A couple look for their dream holiday home in Valencia, Spain. (S)

9.00 Patience

7 PM

7.00 News (S)

8 PM

8.00 Kirstie and Phil's Love It or List It
New edition Kirstie Allsopp and Phil Spencer help Karol and Richard decide whether to renovate or sell their impractical three-bedroom bungalow in St Osyth, Essex. (S)(AD)

9 PM

9.00 Patience
New episode *The Magpie:* 3/8. A lawyer is shot dead in a boardroom – but no one saw the killer. A dead magpie at the scene leads Patience and Frankie into a tangle of lies. (S2) (S)(AD)
■ Continues tomorrow

10 PM

10.00 Social Media Monsters
New edition How Essex police used Snapchat posts from 16-year-old Joshuah Sparks to bring him to justice after he stabbed a man trying to protect a homeless person who was under attack. (S)(AD)

11.00 **The Murder of Laci Peterson** 4&5/6. Double bill. (S)(R)
1.15 AM **In the Footsteps of Killers** Investigating the 1996 murder of Deborah Wood. (S)(R)(AD)
2.10 **Ramsay's Kitchen Nightmares USA** From Philadelphia. (S)(SL)(R)
3.00 **Know Your S**t: Inside Our Guts**
3.50 **Sunday Brunch Best Bits** (S)(R)
3.55 **Couples Come Dine with Me** (R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 3/7. Jean takes centre stage to uncover a deadly family drama when tragedy strikes twice in Sainte Victoire. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Ant returns to Spain to surprise Rosemary on her 96th birthday. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Kym Marsh and Richard Arnold explore exciting holiday destinations. (S)(R)
6.55 **News** (S)

7.00 How to Keep Your Brain...

7.00 **NEW How to Keep Your Brain Young** Dr Amir Khan explores whether boosting brain power is possible with practical lifestyle changes. (S)(AD)
7.55 **News** (S)

8.00 **Casualty 24/7: Every Second Counts** New edition The hospital moves to a new patient and porter tracking system. Paramedics arrive with eight-month-old Noah, who is struggling to breathe. (S)

9.00 **Surgeons: A Matter of Life or Death** New edition 2/6. Surgeons attempt to remove a satsuma-sized tumour sitting deep between the two sides of a patient's brain, while a once fit-and-healthy amateur road-cyclist is in desperate need of a new heart. (S)
10.30 **Ambulance: Code Red** Documentary following emergency response teams on their most extreme medical callouts. (S)(R)(AD)

11.30 **Skin A&E** (S)(R)(AD)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Most Scenic Railway Journeys** A 10-day train expedition through Africa. (S)(R)
3.50 **Susan Calman's Grand Week by the Sea** (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Deep Dive North America** (R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 17/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Not It:* A young Homer and his friends are terrorised by a clown. (S)(R)
5.30 *Dogtown:* Springfield's dogs assert their dominance over the humans. (S)(R)
6.00 **The Office (US)** 11/25. Dwight and Clark pose as father and son to win an account. (S)(R)
6.30 12/25. Jim misses Cece's first recital after a major investor exits his company. (S9) (S)(R)

10.10 Band of Brothers

7.00 **The Simpsons** *From Beer to Paternity:* Homer goes on a road trip with Duffman and Lisa. (S)(R)
7.30 *Step Brother from the Same Planet:* Homer feels resentment when Grampa becomes a stepfather. (S)(R)

8.00 **David Attenborough's Wild City** 1/5. The veteran broadcaster uncovers the unseen natural treasures of Singapore and explores how the wildlife has adapted. (S)(R)(AD)

9.00 **Band of Brothers** *Carentan:* 3/10. Two days after D-Day, Easy Company is sent to take the town of Carentan, a battle deemed a success despite the many resultant casualties. The battalion is finally sent to England after 36 days in Normandy, but the respite proves short-lived. (S)(R)
10.10 **Band of Brothers** *Replacements:* 4/10. After a string of casualties, a group of inexperienced paratroopers joins Easy Company in time for Operation Market Garden, aimed at invading Germany via occupied Holland. (S1) (S)(R)

11.20 **Karl Pilkington: The Moaning of Life** 1/6. Karl considers the point of art. (S)(R)(AD)
12.20 AM **The Force: Manchester** Double bill of editions. (S)(R)
2.10 **Brit Cops: Rapid Response** (R)
3.00 **S.W.A.T.** 17/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
2.30-3.00pm Politics Scotland (S) **10.40** Sportscene: Premiership Highlights (S) **11.10 FILM** The Hunger Games: Mockingjay – Part 1 (S) (2014, 12, 110min) ★★★★ **1.00am** Scotcast (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Titanic Sinks Tonight New episode (S) (AD) **11.40 FILM** The Hunger Games: Mockingjay – Part 1: As Scotland. **1.30-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm Confessions of a Steroid Gang (S)(R) **11.10 FILM** The Hunger Games: Mockingjay – Part 1: As Scotland. **1.00-1.15am** Planet Earth: A Monkey's Tale (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
11.00pm-12.00m't Kegworth: Flight to Disaster (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Cartrefi Cymru **1.30** Gwlad y Basg: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymry ar Gynfas **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** Dal y Mellt (AD) **10.00** Llond Bol O Japan **11.00-11.35pm** Rhys Patchell: Japan a'r Gic Olaf

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Squidward turns detective. **7.15** SpongeBob and Patrick go on a scavenger hunt.
7.30 **Top Gear: Burma Special** 1/2. Jeremy Clarkson, Richard Hammond and James May travel through Burma in three lorries to build a bridge over the River Kwai in Thailand. **8.35** 2/2. Jeremy, Richard and James venture into a state riven by civil war.
9.40 **FILM 28 Days Later...** Horror thriller starring Cillian Murphy, Naomie Harris, Brendan Gleeson, Megan Burns and Christopher Eccleston. A small group of people struggle for survival when a deadly virus devastates the UK. (2002, 18, 113min) ★★★★
11.25 **Missing in Paradise: Searching for Sarm**
12.55 AM **Stacey Dooley: Meet the Shoplifters**
1.40 **to 3.55** AM **The Beauty Queen & the Catfish**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Hidden Wales: Last Chance to Save** Will Millard explores some of Wales's forgotten historic buildings.
8.00 **The Cambridgeshire Crucifixion** The story of the discovery of evidence of a Roman crucifixion in Cambridgeshire.
9.00 **LIVE Snooker: The Masters** Neil Robertson v Ronnie O'Sullivan: Hazel Irvine presents coverage of the eighth and final first-round match from Alexandra Palace in London.
10.00 **Tinker, Tailor, Soldier, Spy** 6/7. Smiley gains all the information he needs. **10.40** 7/7. Smiley devises a plan that he hopes will flush out the mole. (S1)
11.25 **Inside the Bat Cave** Following life in a greater horseshoe bat roost.
12.25 AM **Deep, Down and Dirty: The Science of Soil**
1.25 **Hidden Wales: Last Chance to Save**
2.25 **to 3.25** AM **Inside the Bat Cave**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** A couple plan to buy two homes – a bolthole in Bristol and a main property in Spain.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw get to work on a Jeep Grand Cherokee.
6.55 **Car S.O.S** Restoring a 1986 Rover SD1 that is rotting away in a dirty lock-up.
7.55 **The Dog House** Olympic cyclist Victoria Pendleton hopes to find a dog she can adopt with her mother.
9.00 **George Clarke's Building Home** George meets Kazal and Eleena, who are taking on the challenge of restoring and extending a run-down house in a street near their home after spending 14 years living in Dubai.
10.00 **24 Hours in A&E** Patients include 54-year-old John, who was involved in a cycling accident in which he went over his handlebars and was knocked unconscious.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.10 **George Clarke's Building Home** As 9.00pm.
2.15 **24 Hours in A&E**
3.20 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA** Double bill of the culinary series.
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
4.30 **LIVE Football: AFCON** The opening semi-final from Tangier Grand Stadium in Morocco. Kick-off is at 5.00.
7.30 **LIVE Football: AFCON** Coverage of the second semi-final from Mohammed V Stadium in Casablanca, Morocco. Kick-off is at 8.00.
10.15 **The Inbetweeners** 1/6. The gang head to Swanage. **10.50** 2/6. Will is forced to take a work experience placement at a garage. **11.25** 3/6. Will plans a birthday dinner party. (S2)
11.55 **The Inbetweeners** (S2)
12.25 AM **Open House: The Great Sex Experiment**
1.30 **First Dates**
2.35 **Brooklyn Nine-Nine**
3.35 **The Simpsons**
4.30 **Modern Family**
4.50 **The Goldbergs**
5.10 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

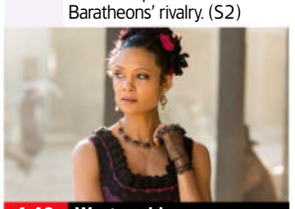
6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 13/22. (S4)
1.00 PM **The Rookie** 13/22. Nolan and Chen try to get a stolen police helicopter back from a teenage thief. (S4)
2.00 **Send in the Dogs**
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

9.00 Matlock

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **Richard E Grant's Hotel Secrets** From Miami.
8.00 **Boardwalk Empire** (S2)
10.10 **The Sopranos** 2&3/13. (S2)
12.20 PM **Game of Thrones** (S2)
2.30 **The Wire** 2&3/12. (S2)
4.40 **Westworld** 8/10. Bernard struggles with a mandate issued to him. (S1)
5.45 **Deadwood** 8/12. A smallpox vaccine finally arrives. (S1)
6.50 **Game of Thrones** 5/10. Lord Baelish capitalises on the Baratheons' rivalry. (S2)



4.40 Westworld

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 7/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 6/10. (S6)
12.00 NOON **The Flash** 8/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 17/21. (S3)
4.00 **NCIS: Los Angeles**(S13)
5.00 **SEAL Team** 5/10. The members of Bravo and their partner force are put in the crosshairs of an enemy. (S6)
6.05 **Stargate SG-1** 1/22. Part one of two. A malfunction plunges Earth into jeopardy. (S6)

9.00 Final Score

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Meets Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.05 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase** With *Strictly*'s Shirley Ballas.

6.00 Celebrity Catchphrase

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *War Games:* Foyle investigates a burglary at the headquarters of a multinational company.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Family Ties:* Helen is accused of helping a terminally ill patient to die.

8.00 Grace

7 PM

7.00 Police 24/7 A car pursuit leads to the arrest of a man detained on suspicion of ditching meth.

7.55 Game of Thrones *The Old Gods and the New:* 6/10. Joffrey's rule prompts the people of King's Landing to riot, and Daenerys vows to reclaim what she believes is rightfully hers. (S2)

7.10 Stargate SG-1 *Redemption – Part Two:* 2/22. The team risk losing the portal for ever. (S6)

7.00 Deal or No Deal Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing money.

6.55 Heartbeat *The End of the Road:* Rob tries to track down an escaped killer – but his investigations are soon complicated.

8 PM

8.00 Law & Order: Criminal Intent *Rocket Man:* 19/22. A married astronaut is suspected of murdering his lover. (S6)

8.15 Never Mind the Buzzcocks With guests Nile Rodgers, Russell Howard and Mae Muller.

8.00 The Real Housewives of Orange County The ladies meet for a special murder mystery-themed party.

8.00 Grace *Looking Good Dead:* The detective believes a serial killer might be on the loose after a schoolteacher is found dead in Brighton and human remains are discovered in a field.

9 PM

9.00 Matlock New episode *Another Matlock:* 2/16. Matty and Olympia clash over the Wellbrexa document. (S2)

9.00 House of the Dragon *Regent:* 5/8. The Greens consider how to fill a void on Aegon's council. (S2)

9.00 FILM Final Score Action drama starring Dave Bautista, Pierce Brosnan and Ray Stevenson. A former soldier is forced into action when armed terrorists take control of a packed football stadium. (2018, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island: All Stars New edition Former Islanders get another shot, and only one pair can be crowned winners.

10 PM

10.00 Doc New episode *He Loved You:* 8/22. Jake defies the other surgeons while fighting for a terminal patient. (S2)
11.00 **The Rookie** 6/14. (S3)
12.00 M'T **FBI** 13/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 15/22. (S6)
2.00 **Law & Order: Organized Crime** 5/13. (S4)
3.00 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

10.15 Heated Rivalry *Rookies:* 1/6. Romantic drama starring Hudson Williams and Connor Storrie. (S1)
11.20 **Heated Rivalry** 2/6. Shane and Ilya keep their secret fling alive while their growing connection is tested. (S1)
12.20 AM **Deadwood** As 5.45pm.
1.25 **The Sopranos** 4/13. (S2)
2.30 **Game of Thrones** (S2)
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **Urban Secrets**

11.00 **Fear the Walking Dead** 8/15. A dark piece of Nick's past is uncovered. (S2)
12.00 M'T **Creature Commandos**
1.00 AM **The Force: Manchester**
2.00 **Rob & Romesh vs Team GB: Winter Special** New edition
3.00 **S.W.A.T.** 17/21. (S3)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

10.05 Grosse Pointe Garden Society New episode *Pests:* 2/13. Birdie grows more invested in her scholarship recipient. (S1)
11.05 **Family Guy** 4/18. Brian gets some cosmetic surgery. (S13)
11.35 **Family Guy** 17/21. (S12)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 5/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality series.
2.35 **to 3.00** AM **Unwind with ITV**

10.00 Foyle's War *The Funk Hole:* As Foyle and his team search for a missing boy, their investigation leads them to a less than inviting hotel – and a grim discovery in the woods.
11.55 **Trial & Retribution** 2/2. New eye-witness testimony and a television documentary about the McCready case casts doubt on the investigation. (S4)
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** 2/7. Properties in the north-east and Northern Isles.
8.00 **Grand Tours of Scotland's Rivers** 2/3. Paul Murton explores the Garry and the Nith.
9.00 **Sally Magnusson: Alzheimer's, a Cure and Me** The broadcaster considers whether to take part in a groundbreaking study.
10.00 **Disclosure: Has Anyone Seen Cole?** The case of 19-year-old Cole Cooper, whose death was ruled unexplained.
10.30 **Our Lives: The Journey to Scotland's Remotest Pub** Two friends take on a treacherous trip.
11.00 **Scotcast** Discussion.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 3&4/10. (S2)
10.15 **Sex and the City** (S6)
11.25 **Entourage** (S8)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S6)
2.40 **Ballers** 5&6/10. (S2)
3.45 **And Just Like That...**
4.30 **The Office (US)** (S9)
5.45 **Will & Grace** (S4)
6.45 **Community** 15/25. Jeff and Britta meddle in Annie's love life.
7.15 16/25. Jeff tries to a friendship. (S1)
7.45 Sex and the City 7/20. Charlotte celebrates her engagement.
8.20 8/20. Carrie tests out a trapeze. (S6)
9.00 **Ellen DeGeneres: Here And Now** Stand-up.
10.15 **And Just Like That...**
11.00 **Community** (S1)
12.00 M'T **Entourage** (S8)
1.10 AM **Ballers** 5&6/10. (S2)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **LSO: Inaugural Concert 2024**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Van Gogh by Vincent**
3.00 **Wordsworth & Coleridge Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **NEW SERIES Landscape Artist of the Year**
9.00 **Douglas Adams: The Man Who Imagined Our Future**
10.30 **Decoding Turner**
12.30 AM **The Pilgrimage of Gilbert & George**
2.30 **Voices of Ireland**
3.45 **Inside Art**
4.45 **The Art of Architecture**
5.45 **to 6.00** AM **Opera North's Resonance**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *Ship in a Bottle:* 12/26. Professor Moriarty returns to wreak havoc. (S6)
8.00 **Star Trek: Deep Space Nine** *It's Only a Paper Moon:* 10/26. A battle-injured Nog seeks refuge in the holosuite. (S7)
9.00 **The Rookie** (S1)
11.00 **Grimm** 13/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout** Quiz.
4.00 **Riddiculous** Game show.
5.00 **Deal or No Deal**
6.00 **Lingo** With two friends from Liverpool, a married couple from North Wales, and a mother an daughter from London.
7.00 Two sisters from Leicester, a father and son duo from Runcorn, and two best mates from Basildon take part.
8.00 A couple from Worcestershire, and two teams from Wiltshire – a couple and a mother and son – take part.
9.00 **Alan Carr's Epic Gameshow: Celebrity Special** David Seaman, Angela Griffin and Chris Kamara play *Bullseye.*
10.00 **Tipping Point** Triple bill.
12.50 AM **Tenable** Quiz show.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Inside the World's Most Luxurious Hotels**
8.00 **What Not to Eat** Why biscuits are so moreish.
9.00 **24 Hours in A&E** A former lollipop lady arrives after one of her cats attacks her.
10.00 **24 Hours in Police Custody: The Secret Network** Documentary.
11.00 **Gogglebox**
12.05 AM **24 Hours in A&E**
1.05 **Social Media Monsters**
2.05 **The Murder of Laci Peterson** Double bill.
4.05 **to 5.05** AM **Jamie's Feasts for a Fiver**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Professionals**
12.20 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon**
4.50 **The Professionals** *Lawson's Last Stand:* A soldier vanishes.
5.50 **Minder** *The Dessert Song:* Arthur and Terry get themselves involved in the battle for a Greek restaurant.

9.00 From Russia with Love

7.00 **American Pickers** Mike and Frank examine vintage peep show machines in Minnesota.
7.55 **Junk & Disorderly** Henry Cole chances his arm at a high-class auction of vintage petroliana, and works against the clock to restore a belly pump.

9.00 **FILM From Russia with Love** James Bond adventure starring Sean Connery. British secret service agent 007 helps a Russian woman defect from Istanbul. With Robert Shaw and Daniela Bianchi. (1963, PG, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **EFL Carabao Cup Highlights** A look back at action from the semi-final first-leg ties.
11.55 **Wrestling: AEW Collision**
1.50 AM **Minder**
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 3/26. (S5)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 4/26. (S5)
2.00 **Blood & Treasure** (S1)
4.00 **Stargate SG-1** 14/22. (S1)
5.00 **Star Trek: Enterprise** 18/22. First of a two-part special set in a parallel universe. (S4)
6.00 **Star Trek: The Next Generation** 3/26. Picard tracks down a terrorist leader. (S5)

9.00 Grimm

7.00 **Star Trek: Deep Space Nine** *Nor the Battle to the Strong:* 4/26. Jake finds himself out of his depth. (S5)

8.00 **Stargate SG-1** *Hathor:* 14/22. A Goa'uld casts a deadly spell over the men on the Stargate base. (S1)

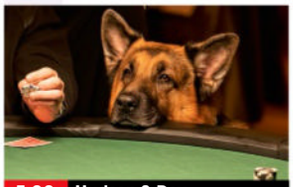
9.00 **Grimm** *Bad Night:* 20/22. Renard ramps up his campaign as election time nears, while Adalind faces a difficult decision.

10.00 **Grimm** *The Beginning of the End – Part One:* 21/22. Black Claw continues to tighten its grip on Portland. (S5)
11.00 **Wynonna Earp** 8/13. Jack of Knives reveals an unpalatable truth about Wynonna's father and Bobo Del Rey. (S1)
12.00 M'T **The Swarm** 8/8. Roche's suggestion causes friction. (S1)
1.00 AM **Blood & Treasure** (S1)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **The Swarm** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 22/22. (S5)
11.00 **Hudson & Rex** 14/16. (S4)
12.00 NOON **Miss Fisher's Murder Mysteries** 8/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 22/22. (S5)
5.00 **Hudson & Rex** 14/16. (S4)
6.00 **Father Brown** *The Sands of Time:* Brenda finds love at the home of a clock collector – but it may just be that she has fallen for a killer.


5.00 Hudson & Rex

7.00 **Miss Fisher's Murder Mysteries** *Away with the Fairies:* 8/13. A popular author of fantasy stories is found dead. (S1)

8.00 **Death in Paradise** *Amongst Us:* 8/8. A murder uncovers a case of money-laundering and secret identity. (S1)

9.00 **Death in Paradise** *Political Suicide:* 5/8. The island's commerce minister commits suicide after his affair is exposed.

10.00 **Death in Paradise** *The Early Bird:* 6/8. Tragedy strikes when a birdwatcher is stabbed to death with his own knife. (S3)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 8/21. Lyle's niece Angie is accused of committing a crime. (S1)
1.00 AM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
2.55 **to 4.00** AM **Allegiance** Series finale 10/10. (S1)

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

6.40 Porridge

7.20 **Dad's Army** The platoon defends headquarters in an exercise against members of the Highland Regiment.

8.00 **Blackadder the Third** The new prime minister plots to bankrupt the Prince Regent. **8.40** Edmund falls foul of Dr Johnson. Guest stars Robbie Coltrane. **9.20** Edmund gets himself caught up in the French Revolution.

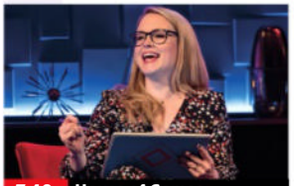
10.00 **Men Behaving Badly** Dermot attempts to seduce Deborah.
10.35 **Blackadder the Third** The new prime minister plots to bankrupt the Prince Regent.
11.15 **Blackadder the Third**
12.35 AM **Men Behaving Badly**
1.10 **Blackadder the Third**
3.05 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Man Lab**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin's Great British Power Trip** Documentary.
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** The chef's final trip takes him to Morocco.


7.40 House of Games

7.00 **Would I Lie to You?** With Jimmy Carr, Griff Rhys Jones, Dave Myers and Susanna Reid.
7.40 **Richard Osman's House of Games** With Kimberley Nixon and Des Clarke. **8.20** Contestants include Jay McGuiness and Linda Robson.

9.00 **QI XL** Guests Rhod Gilbert, Zoe Lyons and Ignacio Lopez join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guest panellists Rylan and Robert Peston.
11.00 **Taskmaster** Mark Watson tries to open an unlocked briefcase.
12.00 M'T **Mock the Week** With Ed Gamble and Angela Barnes.
12.40 AM **Would I Lie to You?**
2.00 **Not Going Out**
2.50 **to 4.00** AM **Not Going Out Christmas Special**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S20&21)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Sub Rosa:* 7/23. The body of a submariner is discovered in acid at a navy base. **7.00** *Minimum Security:* 8/23. A navy translator dies in mysteriously. **8.00** *Marine Down:* 9/23. The team exhume the body of a Marine. (S1)
9.00 **Criminal Minds** *Sick and Evil:* 14/15. A string of murders occur in haunted houses. (S14)
10.00 **Law & Order: Special Victims Unit** (S17)
1.50 AM **Person of Interest**
2.45 **Sight Unseen** New episode 6/10. A mysterious call from a trapped man pulls Tess into a web of secrets, while Sunny hears a murder upstairs. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Amazing Cleans**
10.00 **Rich Kids Go Skint**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Fare Dodgers: At War with the Law** A man is believed to have run up more than £1,500 in unpaid fares.
8.00 **Call the Bailiffs: Time to Pay Up** A high court enforcement agent is after payment of a large debt for damages.
9.00 **FILM Total Recall** Sci-fi thriller starring Arnold Schwarzenegger and Rachel Ticotin. (1990, 15, 109min) ★★★
11.20 **Adults Only: An Orgasm a Day**
12.20 AM **Adults Only: Sex in the Future**
1.20 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.15 **Traffic Cops**
10.15 **Police Interceptors**
12.20 PM **FILM Flame of the Barbary Coast** Western. (1945, b/w, U, 91min) ★★
2.10 **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** An urgent call leads to a multi-vehicle pursuit to rescue a child.
9.00 **Traffic Cops** Officers are on the lookout for a suspected cloned car.
10.00 **Behind Bars: World's Toughest Prisons**
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Flash floods.
1.00 AM **Ice Road Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa** Sisters Tsepang and Refilwe play hosts in Alberton.
8.00 **NCIS: New Orleans** *Chasing Ghosts:* 9/23. The team reopen a 40-year-old case. **9.00** *Stolen Valour:* 10/23. Pride and LaSalle head to Afghanistan to try to track down a missing petty officer. (S1)
10.00 **Elementary**
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Gambling in Las Vegas**
1.40 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** 3/8. New details about her late husband's past overwhelm Joan. (S1)
9.00 **Sister Boniface Mysteries** *Scoop:* 5/10. A government official's secretary is killed. (S1)
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Hotel Portofino**
1.55 **One Foot in the Grave**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Rise of the Nazis: Dictators at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: Dictators at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Abandoned Engineering** New edition
9.00 **Mega Metro** New edition The construction of the twin metro rail tunnels continues in Sydney.
10.00 **Bangers & Cash**
11.00 **Bangers & Cash: Restoring Classics**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: Dictators at War**

+1 hour 255 329

U&Yesterday has moved to here

WEDNESDAY Entertainment

All four GREAT! channels can found here

Wednesday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Margate.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 NEW SERIES **Fixer to Fabulous** Dave and Jenny purchase an '80s rancher in an up-and-coming neighbourhood to turn it into an amazing rental property.
10.00 **Home Town** The Napiers transform a bachelor pad into a moody home.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.00 **Highway to Heaven**
10.00 **Little House on the Prairie** 1-3/26. (S5)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 2/6. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 22-24/26. (S7)
9.00 **Whatever Happened to the Likely Lads?** 6/13. Bob and Thelma throw a surprise party to cheer up Terry.
9.40 7/13. Bob and Terry seek sanctuary.
10.20 8/13. Bob invites Terry to a party. (S1)
11.00 **Born and Bred** (S4)
12.00 M'T **Down to Earth** (S5)
1.10 AM **Rumpole of the Bailey** 3/6. (S1)
2.20 **Whatever Happened to the Likely Lads?** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
9.30 **The High Chaparral**
10.30 FILM **Fury At Gunsight Pass** Western. (1955, b/w, 15, 67min) ★★
12.00 NOON **The High Chaparral** 16/26. (S2)
1.00 PM FILM **The Magnificent Seven Ride!** Western sequel. (1972, PG, 100min) ★★★
3.20 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S1)
9.00 FILM **Force of Execution** Crime action thriller. (2013, 15, 95min) ★★
11.10 FILM **Stratton** Thriller. (2017, 15, 94min) ★★
1.10 AM **The Avengers** (S4)
2.10 **The New Avengers** (S1)
3.10 FILM **Lone Rider** Western adventure. (2008, PG, 80min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 15/24. (S5)
12.10 PM **Hailey Dean Mysteries** Crime drama.
2.05 FILM **Mystery 101: Pilot** Drama with Jill Wagner. (2019, PG, 89min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 16/24. (S5)
8.00 **Unforgettable** (S2)
9.00 **Hailey Dean Mysteries**
10.55 FILM **The Gourmet Detective** Mystery starring Dylan Neal. (2015, PG, 90min) ★★
12.50 AM FILM **If Looks Could Kill** Crime thriller starring Stefanie Estes. (2016, 15, 90min) ★★
2.30 FILM **A Date to Die For** Thriller. (2015, PG) ★★
4.00 **to 4.50** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **The Perfect Catch** (2017, PG) ★★
10.15 FILM **Love, Classified** Drama. (2022, PG) ★★
12.15 PM FILM **Written in the Stars** (2021, U) ★★
2.15 FILM **This Little Love of Mine** (2021, U) ★★
4.15 FILM **Paris, Wine and Romance** (2019) ★★
6.10 FILM **The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
8.00 FILM PREMIERE **Romance at the Vineyard** Drama. (2023, PG, 90min) ★★
9.55 FILM **Dream Wedding** Romantic drama. (2023, U, 89min) ★★
11.50 FILM **My Boss's Wedding** Romance. (2021, PG, 85min) ★★
1.50 AM **Highway to Heaven**
2.45 FILM **This Little Love of Mine** As 2.15pm.
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life...**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S3)
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Jack Hargreaves' Old Country** (S1)
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 2/7. (S2)
7.30 **The Dustbinmen** (S2)
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S3)
10.00 **Game On** 6/6. (S1)
10.35 **Stereo Underground**
11.35 **Star Maidens**
12.05 AM **Rewind to the 80s**
1.05 **Game On** 6/6. (S1)
1.40 **Walking Westward**
2.10 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The fleet prepare to hunt opilio crab.
8.00 The *Wizard* crew face the descending polar ice pack.
9.00 **Alaska: Homestead Rescue** The Raneys help a couple whose homestead is overrun with boglands.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Secrets of the Curry Kitchen**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Jamie's One-Pan Wonders** Tray-baked salmon in a bag.
9.30 A flavour-packed, simple gnocchi supper.
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 10/27. (S4)
9.00 **The A-Team** 13/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 FILM **Treasure Guards** Action adventure. (2011, PG, 90min) ★★
1.00 PM FILM **Gunsmoke: The Last Apache** Western adventure. (1990, PG, 90min) ★★
3.00 FILM **Boot Hill** Western. (1969, PG, 91min) ★★
5.00 **Star Trek** 23/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 14/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Maximum Risk** Thriller starring Jean-Claude Van Damme. (1996, 18, 101min) ★★
11.00 FILM **Rogue** Horror. (2020, 15, 105min) ★★
1.05 AM FILM **Pandorum** Sci-fi thriller. (2009, 15, 108min) ★★★
3.10 **to 5.00** AM FILM **Doctor Faustus** Drama. (1968, PG, 93min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **Jules Verne's Mysterious Island**
11.00 **Andromeda** 21/22. (S5)
12.00 NOON FILM **Collision Earth** Sci-fi thriller. (2011, 12, 95min) ★★
2.00 PM FILM **Coward of the County** Drama. (1981, PG, 104min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **MegaFault** Sci-fi action adventure. (2009, 12, 90min) ★★
7.00 **Andromeda** (S5)
8.00 **The Fall Guy** 6/23. (S1)
9.00 FILM **2 Guns** Thriller with Denzel Washington and Mark Wahlberg. (2013, 15, 104min) ★★★
11.10 FILM **The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
1.00 AM FILM **Dracula – Prince of Darkness** Hammer horror chiller. (1965, 15, 90min) ★★★
3.00 FILM **MegaFault** (2009)
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New editions Double bill.
11.00 **World's Most Unexplained**
12.00 M'T **Deadman's Curse**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Operation Pet Rescue**
11.00 **Ben Fogle: New Lives in the Wild** Zambia.
12.00 NOON **The Pacific War in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **Sunken Treasures Revealed: Drain the Ocean** Documentary.
6.00 **Digging Up Britain's Past** Bridgewater Canal.
7.00 **The Pacific War in Colour** America advance towards Japan in 1943.
8.00 **Ben Fogle: New Lives in the Wild** The presenter travels to the Azores islands.
9.00 **Emperor: Rise & Fall of a Dynasty** Triple bill.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Susie Dent, Ellie Taylor and Harry Redknapp.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz hosted by Bradley Walsh.
5.00 **The Bidding Room**
6.00 **Tenable** A London softball team compete.
7.00 **Tenable All Stars Christmas Special** With Debbie McGee, Louie Spence, Paul Chuckle and Rustie Lee.
8.00 **The Chase** Double bill.
10.00 **Tenable** Five friends take part in the quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon** (S1)
9.30 **The Big Bang Theory**
2.00 PM **Mike & Molly** (S1)
3.30 **Young Sheldon** (S1)
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at:
7.30 6/23. A graduate takes a shine to Sheldon.
8.00 7/23. Sheldon bans Penny from the flat.
8.30 8/23. Howard becomes attracted to a woman who falls for Leonard. (S2)
9.00 FILM **Transformers** Sci-fi action adventure starring Shia LaBeouf and Tyrese Gibson. A geeky teenager finds himself caught up in a struggle between good and evil robots. (2007, 12, 144min) ★★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 313

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 6&7/23. (S5)
11.00 **Everybody Loves Raymond** (S5)
1.00 PM **Friends** (S1&2)
8.00 **Friends** 7/24. Chandler regrets asking Monica to help him lose weight.
8.30 8/24. Ross draws up a list of Rachel's good and bad points. (S2)
9.00 **Michael McIntyre's Big Show** With Bradley Walsh, Katherine Ryan and Beverley Knight.
10.00 **8 Out of 10 Cats Uncut**
10.50 **Out of Order**
11.50 **Whose Line Is It Anyway? USA**
12.50 AM **South Park** (S4)
2.50 **Rosie Jones Tries to Help** With Harry Hill.
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Impractical Jokers**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 16-19/24. (S5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 6/23. Guest stars Raquel Welch.
6.30 7/23. Caitlin and Charlie squabble. (S5)
7.00 **Everybody Loves Raymond** (S5)
9.00 **South Park** (S4,12&13)
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **Ricky Gervais Show**
2.00 **Teachers** 1&2/10. (S1)
3.00 **Reno 911!** (S1)
3.45 **Important Things with Demetri Martin**
4.30 **Spin City** 6&7/23. (S5)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.50 **Steptoe and Son** (S5)
11.25 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S2)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.10 **When the Boat Comes In** 8/13. (S1)
3.10 **Minder** 8/11. (S1)
4.10 **Citizen Smith** (S1)
4.45 **Some Mothers Do 'Ave 'Em** 1/6. (S2)
5.25 **Steptoe and Son** (S2)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.20 **Rising Damp** (S2)
7.55 **Minder** 2/13. (S2)
9.00 **Benidorm** 3/7. (S8)
9.55 **Shameless** 3/14. (S11)
11.00 **Minder** 4/13. (S2)
12.00 M'T **Benidorm** 3/7. (S8)
1.00 AM **Shameless** (S11)
2.00 **Kenny Everett Show**
2.30 **Man About the House**
2.55 **Duty Free** (S1)
3.20 **The Osbournes**
4.00 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
10.00 **Catfish: Firsts**
11.00 **Catfish: The Dramatic**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Wannabees**
2.00 **Catfish: The TV Show**
6.00 **Celebs on the Ranch**
8.00 **Teen Mom UK** Chloe rips her house apart.
9.00 **True Life Crime UK** Kirsty Maxwell is found dead by a hotel pool.
10.00 **Caught in the Act: Unfaithful** New edition Ava needs to know if the life she's been dreaming of has all been a lie.
11.00 **Teen Mom Family Reunion** Reality series.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

14 January Wednesday

Wednesday

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.00** How giant floating power stations are created. **4.30** A look into how coloured crayons used by children and artists are made.
5.00 **Alaska: Homestead Rescue** The Raneys race to build the first ever 'homestead fortress.'

9.00 Mud Madness

7.00 **Wheeler Dealers** Mike rescues a barn-find Austin Allegro, and Elvis tries to prove it doesn't deserve to be unloved.

8.00 **Wheeler Dealers** Mike spots a bargain supercar, a Maserati 4200GT with a Ferrari V8 beneath the hood for under £10,000.

9.00 **Mud Madness** New edition AJ and Bryce's rivalry intensifies, while Josh grows increasingly desperate.

10.00 **Kindig Customs** The '33 Roadster hits a roadblock with the hard top, while Dave and his team design custom wheels.

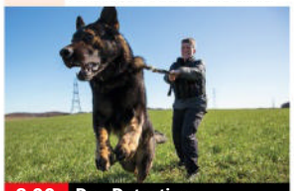
11.00 **Expedition Unknown** Josh Gates explores the riches of feared pirate, Henry Avery.
12.00 M'T **Deadliest Catch** An orca befriends the Northwestern.
1.00 AM **Mud Madness**
2.00 **Kindig Customs** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** A gangster tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** Game Wardens Gould and Hickerson chase drug smugglers that crossed the Rio Grande River.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Don has to act fast when a cat eats poison and a dog runs loose outside the clinic.



8.00 Dog Detectives

7.00 **Treehouse Masters** Pete Nelson builds an outside-in treehouse, heating things up by installing a sauna in the trees.

8.00 **Dog Detectives** As police surround a flat where a gunman is hiding, PC Fletcher's dog faces a dangerous situation.

9.00 **Alaska: The Last Frontier** Otto and Eivin fight to douse a coal fire on Kilcher beach that threatens the homestead.

10.00 **Alaskan Bush People: Bushcraft Chronicles** An insight into the Browns' most unconventional but effective inventions.

11.00 **The Haunted** A woman wakes up with a cross painted on her head.
12.00 M'T **Crikey! It's the Irwins** Robert helps a baby kangaroo.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Drain the Oceans: Lost Giants**
5.00 **Ice Road Rescue** Bjoern risks everything to rescue a tractor.
6.00 **Nazi Megastructures** Heinrich Himmler's role in establishing the SS.

8.00 Pole to Pole

7.00 **Air Crash Investigation** A British Airways flight that lost engine power after flying through volcanic ash in 1982.

8.00 **NEW SERIES Pole to Pole with Will Smith** The actor explores some of the world's most extreme environments.

9.00 **Pole to Pole with Will Smith** New edition Will encounters the wildlife and deadly creatures of the Amazon.

10.00 **Legend of the Giant Squid** David Attenborough narrates a look at the ocean giants thriving in Antarctica.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **Toronto Airport Uncovered** Documentary.
2.00 **To Catch a Smuggler**
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **Mysteries from Above**
1.00 PM **The Curse of Oak Island**
2.00 **Forged in Fire**
3.00 **Egypt's Unexplained Files** Belief and superstition in the land of the pharaohs. **4.00** The ancient Egyptians' obsession with the afterlife. **5.00** Science shines a light on the dark side of Ancient Egypt.
6.00 **American Pickers**

9.00 The Curse of Oak Island

7.00 **Forged in Fire** Four bladesmiths must battle it out to forge a Damascus blade from three different steels.

8.00 **Britain's Most Historic Towns** Alice Roberts explores the UK's past through the stories of its towns, starting in Chester.

9.00 **The Curse of Oak Island** New edition The team learn that fabled treasure could be worth more than anyone imagined.

10.00 **Forged in Fire** New edition Bladesmiths recreate a complex Broadsword featuring a snake-shaped grind.

11.00 **My Paranormal Nightmare** A woman claims she used to experience visits from a demon.
12.00 M'T **Ultimate Mysteries** New theories shed light on the world's biggest mysteries.
12.55 AM **American Pickers**
1.50 **The Curse of Oak Island**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Nineties**
7.00 **Discovering** Dustin Hoffman.
8.00 **The Directors** Antoine Fuqua.
9.00 **The Movies**
10.00 **Juan Carlos: Downfall of the King** Corinna's revelations are secretly recorded and leaked.
10.55 **The Invisible Pilot** Triple bill.
2.00 PM **FILM Touching the Void** Dramatised documentary. (2003, 15, 106min) ★★★★★
4.00 **Discovering** Dustin Hoffman.
5.00 **The Directors** Antoine Fuqua.
6.00 **The Movies** A look at American cinema in the 1960s.

7.00 Bibaa & Nicole

7.00 **Bibaa & Nicole: Murder in the Park** Exploring the murder of sisters Bibaa Henry and Nicole Smallman in 2020.

8.00 **Bibaa & Nicole: Murder in the Park** A look at senior investigating officer Simon Harding's handling of the murders.

9.00 **Bibaa & Nicole: Murder in the Park** Police find a contract agreeing to kill six women every six months in Danyal Hussein's room.

10.00 **Elvis Presley: The Searcher** 1/2. Documentary about the singer, beginning with his early life in Mississippi.

12.00 M'T **Elvis Presley: The Searcher** 2/2. Exploring the singer's return home after his discharge from the army, and how he dealt with a rapidly changing pop scene.
2.00 AM **FILM Dogtown and Z-Boys** Documentary. (2001, 15, 91min) ★★★
3.50 **Edge of the Earth**
5.00 **to 6.00** AM **Discovering**

7 PM
8 PM
9 PM
10 PM

Sky Documentaries can now be found here

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **Angus Ashworth: Yorkshire Heritage Hero**
5.00 **The Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** A widow discovers her late husband's collection is worth a fortune. **9.00** New edition The team perform house clearances.
10.00 **The Derbyshire Auction House**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70 151

Quest Red

149 150 137/146 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Harold Shipman.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **How (Not) to Get Rid of a Body** Decomposed human remains are found in the Poconos.
10.00 **Cabin in the Woods**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Carla Fuqua.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Detective Keogh uncovers nurse Kevin Cobb's crimes.
8.00 **Murder: Point of Contact** Kyron Webb was fatally stabbed on Moston Lane.
9.00 **Cold Justice** New edition Kelly and Steve investigate the mysterious murder of a devoted mother of four.
10.00 **Fatal Fall: Murder or Accident?** New edition Investigating the case of Toni Henthorn, who was pushed to her death from a 160ft cliff.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice**
3.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives**
4.00 **48 Hours** Natalie Morales' first in-depth reporting for CBS News focuses on an investigation into the murders of two women.
5.00 **Medical Detectives** Investigators must determine what caused a fire that killed an elderly couple. **5.30** Investigators close in on a killer 20 years after the murder. **6.00** Hunters make a grisly find in a Texas canyon – a human skull. **6.30** A wife goes missing in Key West.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did...**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Nadine Aubras.
10.00 **Libby, Are You Home Yet?** Triple bill.
1.10 AM **Most Evil Killers**
2.00 **Forensics: Catching the Killer** New edition
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours**
8.40 **World of Stonehenge**
9.45 **Living in the Shadow of World War Two**
10.50 **Ukraine 1933**
11.55 **The Man Who Destroyed Oscar Wilde**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **World of Stonehenge**
2.50 **Living in the Shadow of World War Two**
3.55 **Ukraine 1933**
5.05 **The Man Who Destroyed Oscar Wilde**
6.15 **World of Stonehenge**
7.20 **Living in the Shadow of World War Two**
8.30 **Ukraine 1933: Seeds of Hunger** The story of the Ukrainian famine between 1931 and 1933.
9.40 **The Man Who Destroyed Oscar Wilde**
10.50 **Living in the Shadow of World War Two**
12.00 M'T **Ukraine 1933**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Listings for **Sky Documentaries** has moved to the previous page

Wednesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Shark Squad**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Arabian Seas**
11.00 **Deep Dive North America**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Arabian Seas**
5.00 **Gangs of Lemur Island**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Wild City** The veteran broadcaster explores Singapore's wildlife and natural treasures.
9.00 **Kenya Wildlife Diaries**
10.00 **Great Blue Wild**
11.00 **Gangs of Lemur Island**
12.00 M'T **Deep Dive North America**
1.00 AM **Shark Squad**
2.00 **David Attenborough's Wild City** As 8.00pm.
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Mark Jewitt.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **NEW House Party Killer** Laura Whitmore investigates a house party in Bath, that turned violent after three teenagers turn up armed with knives.
10.00 **Fatal Family Feuds**
11.00 **Interview with a Killer**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Crimes That Shook Britain**
3.00 **House Party Killer**
4.00 **Murdertown**
5.00 **to 6.00** AM **Critical Evidence**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **999 Rescue Squad** A woman plunges 10ft through the floorboards of her Sheffield home in a freak accident, and the HART team launch a major rescue operation to save her. **8.00** There's a major rescue operation on the M1 after a car towing a caravan rolls over and hits a lamp post. **9.00** A horse rider is hit by a car on a country road. **10.00** It's a race against time to dig out a man buried under three tonnes of soil. **11.00** Yorkshire's HART paramedics race to help a man who has been stabbed in the back with a screwdriver. **12.00** M'T A man is left with a metal spike impaled in his face after a traumatic incident on a construction site, sparking a huge rescue operation.
1.00 AM **999 Rescue Squad**
5.30 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **WWII's Most Daring Raids**
11.00 **Ancient Aliens Special...**
1.00 PM **Ancient Aliens**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **WWII's Most Daring Raids** The efforts of Norwegian resistance fighters to return to their invaded homeland. **8.00** Efforts to destroy a crucial German fuel depot.
9.00 **After Braveheart** 1&2/2. Exploring the events that followed those portrayed in the 1995 film *Braveheart*.
11.40 **Ancient Aliens Special Presentation** Seers who possess extrasensory abilities.
1.35 AM **Auction Hunters**
2.05 **Ancient Aliens**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Casey and Brutus: Grizzly Encounters**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **World's Weirdest**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: North Carolina** The zoo hopes for a polar bear pregnancy.
8.00 **Chimp School** Documentary following life at a chimp sanctuary in Sierra Leone.
9.00 **Little Giant** The first month of life for an elephant calf in Kenya's Maasai Mara.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 141 166

8.00 AM **Who Killed Jane Doe?**
9.00 **The Perfect Murder**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** Investigating the fatal shooting of David Weedman.
1.00 PM **The Perfect Murder**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Breaking Homicide**
7.00 **Faking It: Tears of a Crime** When Laci Peterson went missing, her husband Scott claimed he last saw her before he went fishing – but his mistress exposed his lies. **8.00** Experts analyse a husband's statements after a wife and mother disappears.
9.00 **Body Cam** New edition In California, police face-off against a knife-wielding bodybuilder.
10.00 **911: Did the Killer Call?**
11.00 **Real Time Crime**
12.00 M'T **Britain's Deadliest Kids**
2.00 AM **Breaking Homicide**
4.00 **to 5.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **The Dino Hunters**
12.00 NOON **Richard Hammond's Big**
1.00 PM **Blowing Up History**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?** How pilots train to perform death-defying acrobatics. **6.30** A look at how New York bagels are hand-rolled. **7.00** A look at how waste is collected in Venice. **7.30** Examining how rosebuds are turned into Turkish delight. **8.00** How the world's finest canvases are created. **8.30** An insight into how people care for bees.
9.00 **Expedition Bigfoot** Specialists set out to locate Bigfoot. **10.00** Russell and Mireya uncover their first piece of potential evidence.
11.00 **Unexplained and Unexplored**
1.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181 320 325

7.00 AM **Coast Guard at War**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** How the universe came into existence.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Coast Guard at War** A look at the role of the Coast Guard in the Vietnam War, featuring contributions from members who served during the conflict.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** A trip across Australia.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180 320 325

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** The pressure is on when Richard decides to compete at an NEC show.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek converts a 1966 Oldsmobile F-85 into a timeless cruiser.
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
7.50 **Friendship** Comedy. (2025, 15, 101min) ★★★★
9.40 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
11.25 **Nuremberg** As 8.00pm.
2.00 PM **28 Years Later** Horror. (2025, 15, 115min) ★★★★
4.00 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★
5.40 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★

5.40 Sinners

8.00 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon, Colin Hanks, Leo Woodall and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Mission: Impossible – The Final Reckoning Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **Borderline** As 4.00pm.
3.00 **A Make or Break Holiday** Drama with Jennifer-Juniper Angeli. (2025, U, 89min)
4.30 **to 6.10** AM **All the Devils Are Here** Thriller with Eddie Marsan. (2025, 15, 87min) ★★★★

Sky Cinema Science Fiction

303 303 403 503 517

7.05 AM **A.I. Artificial Intelligence** Fantasy. (2001, 12) ★★★★
9.35 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
11.05 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
1.25 PM **Dune: Part Two** Sci-fi. (2024, 12, 166min) ★★★★★
4.10 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
6.00 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★

10.00 The Running Man

8.00 Riddick Sci-fi thriller sequel starring Vin Diesel. Space fugitive Riddick combats bounty hunters and fearsome monsters on a desert planet. With Jordi Mollà, Matt Nables and Katee Sackhoff. (2013, 15, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Running Man Sci-fi adventure starring Arnold Schwarzenegger as an escaped convict forced to participate in a deadly, gladiatorial game show. (1987, 18, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Children of Men** Sci-fi thriller starring Clive Owen, Julianne Moore and Michael Caine. (2006, 15, 109min) ★★★★★
1.45 AM **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
3.50 **Omni Loop** Sci-fi drama. (2024, 12, 112min) ★★★★
5.50 **to 7.40** AM **Monolith** Thriller. (2022, 15, 90min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **Boy Meets Boy** As 5.40am.
7.45 **Jungleland** Boxing drama. (2020, 15, 90min) ★★★★
9.30 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
12.00 NOON **The Bodyguard** Thriller. (1992, 15, 129min) ★★★
2.10 PM **Turtles All the Way Down** Drama. (2024, 12, 111min) ★★★★
4.05 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
6.15 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
8.00 **About a Boy** Comedy drama based on the novel by Nick Hornby, starring Hugh Grant. (2002, 12, 101min) ★★★★
9.50 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A banker convicted of murder forms a friendship with a fellow convict. (1994, 15, 142min) ★★★★★
12.20 AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★
2.40 **Turtles All the Way Down**
4.40 **Sky Cinema Preview**
5.40 **to 7.00** AM **Boy Meets Boy** Drama with Matthew J Morrison. (2021, 15, 75min) ★★★

Sky Cinema Horror

311 311 411 511 525

6.20 AM **Until Dawn** As 2.50pm.
8.10 **Sick** As shown at 4.45pm.
9.45 **The Woman in the Yard**
11.20 **Die Alone** As 11.30pm.
1.00 PM **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
2.50 **Until Dawn** Horror thriller. (2025, 15, 99min) ★★★
4.45 **Sick** Horror. (2022, 18) ★★★
6.20 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
8.00 **Ma** Horror starring Octavia Spencer and Juliette Lewis. A lonely woman lets a group of teenagers throw a party in her house, but shows a sinister side behind her kindly nature. (2019, 15, 99min) ★★★
9.50 **The Woman in the Yard** Psychological horror starring Danielle Deadwyler. After appearing in a family's front yard, a mysterious woman delivers chilling warnings. (2025, 15, 88min) ★★★
11.30 **Die Alone** Apocalyptic drama. (2024, 15, 91min) ★★★★
1.10 AM **Get Away** Horror comedy. (2024, 15, 100min) ★★★★
2.45 **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
4.30 **to 6.45** AM **Spin the Bottle** Horror. (2024, 15, 119min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.55 AM **Monster Trucks** (2016)
9.55 **Cats & Dogs** As 11.55pm.
11.35 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
1.25 PM **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
3.10 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.00 **Look Who's Talking Too** Comedy sequel starring Kirstie Alley. (1990, 12, 77min) ★
7.35 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★

6.00 Look Who's Talking Too

Stardust
(film started at 7.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Monster Trucks** Fantasy with Lucas Till. A teenager befriends a monster that feeds on oil, which bonds with the monster truck he is building from scrap. (2016, PG, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Cats & Dogs** Fantasy comedy with the voice of Tobey Maguire. (2001, PG, 87min) ★★★
1.35 AM **Paul Blart: Mall Cop** Comedy starring Kevin James. (2009, PG, 91min) ★
3.20 **Paul Blart: Mall Cop 2** Comedy. sequel starring Kevin James. (2015, PG, 92min) ★★
5.10 **to 7.05** AM **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
9.15 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★
11.25 **Green Lantern** As 5.50pm.
1.25 PM **Spider-Man 3** Fantasy sequel starring Tobey Maguire. (2007, 12, 139min) ★★★
3.55 **Mortal Kombat** Fantasy action adventure with Lewis Tan. (2021, 15, 110min) ★★
5.50 **Green Lantern** Adventure. (2011, 12, 114min) ★★

5.50 Green Lantern

8.00 **Batman** Tim Burton's comic-book adventure starring Michael Keaton and Jack Nicholson. Gotham City's mysterious black-cloaked vigilante tackles a psychotic villain known as The Joker. With Kim Basinger, Jack Palance and Robert Wuhl. (1989, 15, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Bumblebee** *Transformers* prequel starring Hailee Steinfeld and John Cena. A teenager discovers the battle-scarred Autobot Bumblebee in a junkyard. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Twisters** Disaster drama sequel with Daisy Edgar-Jones. (2024, 12, 122min) ★★★★
2.35 **Shenandoah** Western. (1965, PG, 101min) ★★★★
4.25 **to 6.40** AM **Last Action Hero** Action fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Billy Madison** Comedy. (1995, PG, 90min) ★★
8.50 **Superbad** (2007, 15) ★★★★
10.50 **Beetlejuice Beetlejuice** Horror comedy. (2024, 12) ★★★★
12.40 PM **Jackass Presents: Bad Grandpa** (2013, 15) ★★★
2.25 **Role Models** Comedy. (2008, 15, 99min) ★★★★
4.10 **50 First Dates** Comedy. (2004, 12, 99min) ★★★
5.55 **Trading Places** Comedy. (1983, 15, 116min) ★★★★★

9.35 School of Rock

8.00 **Big Daddy** Comedy starring Adam Sandler as a law school graduate who adopts a five-year-old boy in a bid to impress his girlfriend. (1999, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **School of Rock** Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at an elite private school and attempts to turn his pupils into a rock band. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★★
1.00 AM **Seven Psychopaths** Dark comedy thriller starring Colin Farrell and Sam Rockwell. (2012, 15, 106min) ★★★★
2.55 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
4.45 **to 7.00** AM **It's Complicated** Romantic comedy drama. (2009, 15, 115min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.30 AM **The Surfer** As 4.10am.
9.20 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
11.10 **The Accountant** Thriller. (2016, 15, 123min) ★★★
1.30 PM **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
3.35 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
5.40 **The Hunt for Red October** Cold War thriller starring Sean Connery and Alec Baldwin. (1990, PG, 135min) ★★★★

8.00 Red Dragon

8.00 **Red Dragon** Thriller with Edward Norton, Ralph Fiennes and Anthony Hopkins. A troubled former FBI agent is brought out of retirement to hunt down a serial killer and is forced to turn to his old nemesis, Hannibal Lecter, for advice. (2002, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Hannibal** Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a perverse billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Alto Knights** Drama. (2024, 15, 123min) ★★★
2.40 **Mob Cops** Crime drama. (2024, 15, 87min) ★
4.10 **to 6.00** AM **The Surfer** Thriller. (2024, 15, 100min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Black Shield of Falworth** Medieval adventure. (1954, U, 99min) ★★
1.05 PM **The Spoilers** Western. (1955, b/w, U, 85min) ★★
2.45 **The Bravados** Western. (1958, PG, 98min) ★★★
4.50 **The Enemy Below** Adventure. (1957, PG, 98min) ★★★★
6.50 **I, Robot** Sci-fi thriller with Will Smith and Bridget Moynahan. (2004, 12, 115min) ★★★★

9.00 Commando

I, Robot
(film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Commando** Action thriller starring Arnold Schwarzenegger as a retired commando who returns to combat when his daughter is kidnapped by a renegade former comrade. (1985, 18, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Last Stand** Action thriller starring Arnold Schwarzenegger and Forest Whitaker. (2012, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 **to 3.05** AM **How to Build a Girl** Drama based on Caitlin Moran's memoir, with Beanie Feldstein and Paddy Considine. (2019, 15, 102min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Blockbusters

302 302 402 502 516

7.15 AM **Peter Rabbit** As 4.55am.
8.55 **It Ends with Us** Drama. (2024, 15, 125min) ★★★
11.10 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
1.30 PM **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. (2024, 15, 125min) ★★★★
3.35 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★
5.45 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
8.00 **Spider-Man 3** Fantasy adventure starring Tobey Maguire and Kirsten Dunst. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. With James Franco. (2007, 12, 139min) ★★★
10.20 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. (2012, 12, 136min) ★★★
12.40 AM **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
3.05 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★★
4.55 **to 6.35** AM **Peter Rabbit** Comedy with the voice of James Corden. (2018, PG, 95min) ★★★

Sky Cinema Greats

304 304 404 504 518

8.55 AM **Galaxy Quest** Sci-fi spoof. (1999, PG, 102min) ★★★★
10.40 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
12.20 PM **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★★
2.00 **Groundhog Day** Fantasy comedy starring Bill Murray. (1993, PG, 103min) ★★★★★
3.45 **Batman Forever** Adventure. (1995, 12, 121min) ★★★
5.50 **Batman & Robin** Fantasy adventure starring George Clooney. (1997, PG, 125min) ★★
8.00 **Jurassic Park** Steven Spielberg's monster thriller based on Michael Crichton's bestseller, starring Sam Neill, Laura Dern and Jeff Goldblum. (1993, PG, 127min) ★★★★★
10.10 **The Lost World: Jurassic Park** Steven Spielberg's monster adventure sequel starring Jeff Goldblum and Julianne Moore. (1997, PG, 129min) ★★★
12.20 AM **Money Train** Action comedy. (1995, 18, 110min) ★★
2.15 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
4.10 **to 7.10** AM **The Godfather Part III** Final chapter of Francis Ford Coppola's grand gangster epic. (1990, 15, 162min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.15 AM **The Inseparables** (2023)
8.55 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
10.40 **Rock Dog 2: Rock Around...**
12.20 PM **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
2.00 **Rango** Animated Western. (2011, PG, 103min) ★★★★
4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
5.45 **The Boss Baby** Animated comedy with the voice of Alec Baldwin. (2017, U, 97min) ★★★
7.35 **The Adventures of Tintin: The Secret of the Unicorn** Animation with the voices of Jamie Bell and Andy Serkis. (2011, PG, 106min) ★★★★★
9.35 **Bon Voyage, Charlie Brown** Animated family adventure. (1980, U, 70min) ★★
11.05 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
12.50 AM **Monsters vs Aliens** Animated sci-fi monster movie. (2009, PG, 90min) ★★★
2.40 **The Inseparables** Animation. (2023, U, 90min) ★★★
4.25 **to 6.15** AM **Mavka: The Forest Song** Animated adventure. (2023, PG, 99min) ★★

Movies 24

312 313 419

7.00 AM **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
9.00 **A Bet with the Matchmaker** Drama. (2023, PG, 89min) ★★
11.00 **Betty's Bad Luck in Love** Comedy. (2024, PG, 84min) ★★
1.00 PM **Planning on Forever** Comedy. (2022, PG, 89min) ★★
3.00 **Mystery Island: Play for Keeps** Drama with Elizabeth Henstridge. (2025, PG, 90min) ★★
5.00 **Destination Love** Romantic comedy. (2021, PG, 90min) ★★
7.00 **The Engagement Back-Up** Romantic comedy starring Elise Gatien and Preston Vanderslice. (2022, PG, 91min) ★★
9.00 **May the Best Wedding Win** Romantic comedy starring Alys Crocker and Cody Ray Thompson. A woman dumped by her fiancé recruits an actor as a replacement groom so she can still have her dream wedding. (2023, PG, 85min) ★★
11.00 **The Proposal Spot** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Sweeter than Chocolate** Comedy. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Styled with Love** Comedy. (2022, PG, 89min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Beauty and the Barge** Comedy. (1937, b/w, U) ★★★
7.30 **Television Comes to London**
7.55 **Clash by Night** Thriller. (1963, PG, 76min) ★★★
9.25 **Made for Each Other** Comedy drama. (1939, b/w, U) ★★★
11.15 **Hidden Homicide** Mystery. (1959, U, 70min) ★★★
12.45 PM **A Matter of Choice** Drama. (1963, b/w, PG, 100min) ★★
2.25 **The Brothers** 5/16. (S7)
3.30 **Autobiography of a Princess** Merchant-Ivory drama with James Mason and Madhur Jaffery. (1975, PG, 58min) ★★★★
4.40 **Poldark** Historical drama starring John Bowe and Mel Martin. (1996, PG, 102min) ★★
6.50 **Strange But True**
7.25 **Scotland Yard** 16/39. (S1)
8.00 **Van der Valk** 2/4. (S4)
10.10 **Accident** Drama starring Dirk Bogarde and Jacqueline Sassard. (1967, PG, 105min) ★★
12.15 AM **The Weak and the Wicked** Drama. (1953, b/w, PG, 84min) ★
2.00 **Stars in Your Eyes** Musical comedy. (1956, U, 96min) ★★★
3.55 **Dick Tracy Returns** Thriller. (1938, b/w, PG, 90min) ★★★
5.55 **to 6.00** AM **Food Flash: Cod Liver Oil**

WEDNESDAY Sport 14 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.30 **LIVE SA20 Sunrisers Eastern Cape v Joburg Super Kings.** Coverage of the match at St George's Park. The hosts won this meeting last year as they came away with a 14-run victory. The Sunrisers made 165-4 from their 20 overs with Aiden Markram leading the way with 43 from 39 balls. They then restricted the Super Kings to 151-8 as Marco Jansen took 2-19 from his four overs.
7.00 **LIVE EFL Cup Chelsea v Arsenal or Crystal Palace.** Coverage of the semi-final first-leg staged at Stamford Bridge. Kick-off **8.00pm**.
10.45 **LIVE ATP Tennis** Day four of the ATP Auckland Open staged at ASB Tennis Centre in Parnell.
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of events played on the WTA and ATP Tours.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** A look at the 2004/05 season.
3.00 **PL Retro** Leicester City v Manchester United from 2014.
5.00 **The Premier League Show**
7.00 **The Transfer Show**
8.00 **Premier League Stories**
8.30 **Cult Heroes** A profile of former Manchester United star Nani.
9.00 **Transfer 360** Focusing on the transfers involving former Premier League star Gareth Barry.
9.30 Telling the story of how Celtic legend John Hartson ended up moving to Scotland.
10.00 **Premier League Stories** Behind the scenes of the Premier League.
10.30 **Cult Heroes** A profile of former Manchester United star Nani.
11.00 **Premier League Years** A look back at the 2005/06 season .
1.00 AM **PL Retro** Replay of Arsenal v Tottenham Hotspur from 2010.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries**
12.00 NOON **EFL Cup** A semi-final.
2.00 PM **Bundesliga Highlights Show**
3.00 **EFL Highlights** Championship.
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **EFL Cup Highlights**
5.00 **EFL Highlights** Championship.
6.00 **WSL** Manchester City v Everton.
6.30 **EFL Cup Highlights** Action from a semi-final first-leg match.
7.00 **LIVE EFL Cup Chelsea v Arsenal or Crystal Palace.** Coverage of the semi-final first-leg staged at Stamford Bridge. Kick-off is at **8.00pm**.
10.45 **EFL Cup Highlights** Action from a semi-final first-leg match.
11.15 **EFL Highlights** Sheffield United v Oxford United from Bramall Lane.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
12.30 AM **Championship Retro**
3.15 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **Best Scottish Premiership Goals**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Hobart Hurricanes v Brisbane Heat.** Coverage of the T20 match staged at Bellerive Oval.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Match highlights.
2.00 PM **Big Bash League**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Sunrisers Eastern Cape v Joburg Super Kings.** Coverage of the match at St George's Park. The hosts won this meeting last year as they came away with a 14-run victory. The Sunrisers made 165-4 from their 20 overs as Aiden Markram lead the way with 43 from 39 balls.
7.00 **Big Bash League**
8.00 **WPL** Delhi Capitals v UP Warriorz.
9.00 **SA20** Reent highlights.
10.00 **Big Bash League**
2.20 AM **Best of Jimmy Anderson**
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **Big Bash League**
4.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Junior Golf** Highlights.
6.30 **LPGA Tour Golf** Day four of the 2025 Chevron Championship.
12.00 NOON **TGL** Jupiter Links Golf Club v New York Golf Club.
2.00 PM **Ladies European Tour Golf** Highlights from three Tour events.
5.00 **TGL** Action from Jupiter Links Golf Club v New York Golf Club.
7.00 **Golf Highlights**
7.30 **Beyond the Scorecard**
9.00 **TGL** Action from Jupiter Links Golf Club v New York Golf Club.
11.00 **Golf Highlights**
11.30 **Junior Golf** Highlights of the 2025 Justin Rose Telegraph Junior Golf Championship.
12.00 M'T **PGA Tour Play-Offs Official Film 2025** Event review.
1.00 AM **PGA Tour Golf**
2.00 **Golf Highlights**
3.00 **Best of the Open Zone 2018**
4.00 **to 6.00** AM **Golf Highlights**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
12.00 NOON **ATP Tennis** Doha Open.
12.15 PM **WTA Tennis** Cincinnati Open.
12.30 **ATP Tennis** Shanghai Masters.
12.45 **WTA Tennis** Beijing Open final.
1.00 **ATP Tennis** Hong Kong Open.
2.00 **WTA & ATP Tennis** Action from events on the WTA and ATP Tours.
6.00 **ATP Tour This Week**
6.30 **WTA & ATP Tennis** Action from events on the WTA and ATP Tours.
10.30 **LIVE ATP Tennis** Coverage of day four of the Auckland Open at ASB Tennis Centre in Parnell.
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of events on the WTA and ATP Tours.

TNT Sports 1

410 413 521 408 430

6.00 AM **TNT Sports Cricket Reload**
6.45 **One-Day International Cricket** Action from India v New Zealand.
7.45 **LIVE One-Day International Cricket India v New Zealand.** Coverage of the second match of the three-game series staged at Niranjan Shah Stadium in Rajkot. The hosts won the previous ODI series against their visitors when they travelled to New Zealand and won a three-match contest 3-0.
4.30 PM **What I Wore** Glenn Hoddle describes his passion for football.
5.00 **Serie A – Full Impact** Action from the latest matches in Italy.
5.30 **Premier League Stories**.
6.00 **TNT Sports Reload**
6.30 **The Breakdown**
7.00 **LIVE Snooker Masters Neil Robertson v Ronnie O'Sullivan.** Coverage of the eighth and final first-round match in the tournament staged at Alexandra Palace in London.
10.30 **Ultimate Pool** Action from Group Two of the Champions League.
12.00 M'T **One-Day International Cricket** India v New Zealand.
1.00 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 2

411 414 522 409 431

6.00 AM **The Monuments**
8.00 **Alpine Skiing** From Flachau.
9.00 **Ally's Social Club**
9.45 **No Filter Rugby**
10.00 **Fishing: On the Bank**
11.00 **Snooker Masters** Day three.
1.00 PM **LIVE Snooker Masters Judd Trump v Ding Junhui.** The seventh first-round match, played over the best of 11 frames at Alexandra Palace in London.
4.30 **Sign Up – Into Football**
5.15 **Ultimate Pool** Recent action.
6.45 **Playing for Our Future**
7.00 **LIVE Snooker Masters Neil Robertson v Ronnie O'Sullivan.** Coverage of the eighth and final first-round match at Alexandra Palace in London.
10.30 **TNT Sports Reload**
11.00 **A-League Highlights**
11.30 **Miracle of Istanbul** A look back at Liverpool's comeback in the 2005 Champions League final.
12.30 AM **What I Wore**
1.00 **Fishing: On the Bank**
2.00 **Snooker Masters**
4.00 **A-League Highlights**
4.30 **A-League Women Highlights**
5.00 **to 6.00** AM **ABB FIA Formula E World Championship**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Action from the first Wild Card play-off match.
5.00 **NFL Bitesize Highlights** The third Wild Card play-off match.
5.15 Fourth Wild Card play-off.
5.30 Fifth Wild Card play-off.
5.45 The first Wild Card play-off.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Bitesize Highlights** The third Wild Card play-off match.
8.15 Fourth Wild Card play-off.
8.30 Fifth Wild Card play-off.
8.45 The first Wild Card play-off.
9.00 **NFL Highlights** A match from week 18 of the NFL season.
10.00 Highlights from the first Wild Card play-off match.
11.00 Action from the second Wild Card play-off match.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.30 AM **LIVE WTA & ATP Tennis** Coverage of tournaments from the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open, and WTA Hobart Open.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
1.50 **LIVE WPL Delhi Capitals v UP Warriorz.** Coverage of the women's T20 match staged at DY Patil Stadium in Navi Mumbai.
5.30 **The Premier League Show**
7.00 **EFL Greatest Games**
7.20 **LIVE Bundesliga FC Cologne v Bayern Munich.** The German match at RheinEnergieStadion, Cologne. Kick-off **7.30pm**.
9.30 **Sports Centre**
10.00 **Sky Sports News** A round-up of the day's sports news, featuring interviews with the players and managers making the headlines.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open, and WTA Hobart Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Big Bash League**
8.00 **SA20** Recent highlights.
9.00 **Super League**
11.45 **PL Greatest Games**
12.00 NOON **Big Bash League**
1.00 PM **SA20** Recent action.
2.00 **PL Greatest Games**
3.00 **PL Retro** A replay of Fulham v Manchester United from 2007.
5.00 **ATP Tennis** Hong Kong Open.
6.00 **United Cup Tennis** The final.
8.00 **SA20** Recent highlights.
9.00 **Big Bash League**
10.00 **NFL Highlights**
11.00 **NRL** Action from the Grand Final.
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **United Cup Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **Formula E Highlights**
8.00 **A-League Highlights**
8.30 **LIVE Australian Open Tennis** The Million Dollar One Point Slam contest from Melbourne Park.
10.30 **What I Wore** John Barnes.
11.00 **Serie A – Full Impact**
11.30 **Sign Up – Into Football**
12.15 PM **Alpine Skiing** From Austria.
1.15 **LIVE Biathlon** The women's relay in the latest meeting of the season in Ruhpolding, Germany.
2.45 **UEFA Champions League – Stories of the Finals**
3.00 **Serie A** Italian football action.
5.00 **A-League Highlights**
5.30 **UEFA Champions League – Classics** Archive action.
6.00 **FEI Jumping World Cup**
7.00 **Fishing: On the Bank**
8.00 **Formula E Highlights**
9.00 **Dakar Rally Saudi Arabia**
10.00 PM **to 6.00** AM **The Emirates FA Cup**

TNT Sports 4

414 416 524 411 434

6.00 AM **Snooker Masters** Action from day three of the tournament staged at Alexandra Palace.
8.00 **Emirates FA Cup** Highlights of eight matches in the third round of the domestic cup competition.
4.00 PM **The Edge** Review of the first Ashes Test between Australia and England at Optus Stadium.
5.00 Highlights and analysis from the second Ashes Test.
6.00 Highlights and analysis from the third Ashes Test between Australia and England.
7.00 Highlights and analysis from the fourth Ashes Test.
8.00 Highlights and analysis from the fifth and final Ashes Test.
9.00 **One-Day International Cricket**
10.00 **Longines Jumping World Cup**
11.00 **UFC** A review of action in 2025.
12.00 M'T **UFC Reloaded**
4.15 AM **UFC Fight Flashback**
5.15 **TNT Sports Cricket Reload**
5.30 **to 6.00** AM **Formula E**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **Champions Cup**
9.00 **LaLiga Match Highlights**
10.00 **Coppa Italia** AS Roma v Torino.
12.00 NOON **LaLiga Match Highlights**
12.30 PM **Champions Cup Highlights**
1.30 **Sporting Countdowns**
2.00 **NHL on the Fly**
3.00 **Champions Cup**
5.00 **Eredivisie Highlights**
6.00 **Scottish Football Social Club**
7.00 **LaLiga Match Highlights**
7.15 **LIVE SPFL Falkirk v Celtic.** The Scottish Premiership match from Falkirk Stadium. Kick-off **7.45pm**.
10.15 **LaLiga Match Highlights**
11.00 **Women's Football Weekly**
11.30 **Eredivisie Highlights**
12.30 AM **SPFL** Falkirk v Celtic.
2.30 **NHL Specials**
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Los Angeles Kings v Vegas Golden Knights.** Coverage of the match staged at Crypto.com Arena. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **LaLiga** Replay of a game.
8.00 **Champions Cup**
10.00 **NHL Ice Hockey** Nashville Predators v Edmonton Oilers.
12.00 NOON **FastZone** Weekly Motorsports highlights show.
12.30 PM **Bike World** Magazine.
1.00 **Eredivisie** Another chance to see SC Heerenveen v Feyenoord.
3.00 **Eredivisie** Another chance to see PSV Eindhoven v Excelsior.
5.00 **Temples of Sport**
5.30 **Champions Cup** Castres v Bath.
7.30 A replay of Toulon v Munster.
9.30 **FastZone** Motorsports highlights.
10.00 **NHL Ice Hockey** Nashville Predators v Edmonton Oilers.
12.00 M'T **LIVE NHL Ice Hockey New Jersey Devils v Seattle Kraken.** Coverage of the inter-conference match from Prudential Center. Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **Challenge Cup**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 2** Saudi Arabian GP.
9.05 **F1 Explained: Formation Lap**
9.15 **Formula 2** Saudi Arabian GP.
10.40 **F1 Features**
11.00 **The F1 Show**
12.00 NOON **Formula 1** Saudi Arabian Grand Prix qualifying session.
2.30 PM **F1 Features**
3.00 **Formula 1** A chance to see the 2025 Saudi Arabian Grand Prix.
7.45 **F1 Features**
8.00 **Willy T. Ribbs Motorsport's Black Pioneer** Documentary.
9.00 **Formula 1** Highlights from the 2025 Saudi Arabian Grand Prix.
10.00 Miami Grand Prix.
11.00 Highlights of the 2025 Emilia Romagna Grand Prix.
12.00 M'T **to 6.00** AM **The Best of F1 2025**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

15 January

Evening Planner

Travelogue

Lorraine Kelly's Norwegian Odyssey

C4, 8pm

The presenter explores Norway, starting in Alesund, the gateway to the fjords.

Entertainment

Rob & Romesh vs Team GB: Winter Special

Sky Max & Sky Showcase, 9pm

The pair try out winter sports, including curling, ahead of next month's Olympics.

OnDemand

NETFLIX

Agatha Christie's Seven Dials

Available today

Set in the 1920s, a star-studded cast including Martin Freeman star in this adaptation.

OnDemand

Paramount+

Star Trek: Starfleet Academy

Available today

A new sci-fi drama set in the *Star Trek* universe follows a group of cadets at the Academy.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Traitors		9.00 The Traitors...	9.30 Black Ops	10.00 News; Local News	
	102 BBC2	7.00 Snooker: The Masters – Live: Coverage of the second quarter-final				9.00 Rob and Rylan's Grand Tour		10.00 What We Do...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 Long Lost Family		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Lorraine Kelly's Norwegian Odyssey		9.00 Patience		10.00 24 Hours in A&E	
	105 5	7.00 The Canal Map of Britain		8.00 Spain with Michael Portillo		9.00 Ben Fogle: New Lives in the Wild		10.00 How I Murdered Mum & Dad...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Rob & Romesh vs Team GB: Winter...		10.00 John Bishop 25 Tour: Live from Dublin	
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Sort Your Life Out with Stacey Solomon		8.30 Stacey Dooley: Inside the Convent		9.30 The Beauty Queen & the Catfish		
	116 BBC4	7.00 Yorkshire...	7.30 Pubs, Ponds...	8.00 The Stuarts in Exile		9.00 Snooker: The Masters – Live		10.00 Film: Where Eagles Dare	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Piglets	10.35 Family Guy
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Britain's Favourite Railway Stations...		10.00 Guy Martin: The British Train that...	
	135 E4	7.00 The Simpsons		8.00 Billion Pound Cruise		9.00 Gogglebox 2023			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 The Equalizer		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD		7.20 Dad's Army	8.00 Blackadder the Third				10.00 Men Behaving...	10.35 Blackadder...
	111 U&DAVE	7.05 Would I Lie to You?...		7.45 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	‹ 4.00 World Series of Darts – Live		8.00 Ice Road Truckers		9.00 Junk & Disorderly		10.00 Film: Kill Bill: Vol. 1	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Big Trouble in Little China			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX		7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Rob & Romesh vs Team GB: Winter...		10.00 Evil	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Allegiance		10.00 Annika	
	124 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Discovering: Alan Rickman		9.00 Agatha Christie's Pale Horse			
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 Pete Wicks: For Dogs' Sake		9.00 Louis Theroux: Law & Disorder in...		10.00 Louis Theroux: Law & Disorder in Lagos	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Toronto Airport Uncovered		9.00 Car S.O.S.		10.00 Top Guns: The Next Generation	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Black Death Patient Zero		9.00 Ice Road Truckers		10.00 Mountain Men	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Bangers & Cash		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 I Am Bruce Lee				9.00 Film: Going Clear: Scientology and the Prison of Belief			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.10 Mission: Impossible – The Final...		8.00 Nuremberg					10.30 Sinners
	302 BLOCKBUSTERS	‹ 5.40 Spider-Man 3		8.00 The Amazing Spider-Man					10.20 The Amazing...
	303 SCIENCE FICTION	‹ 5.40 Ready Player One		8.00 2012					
	304 GREATS	‹ 5.45 The Lost World: Jurassic Park		8.00 Amadeus					10.40 Little...
	305 ANIMATION	‹ 5.40 Happy Feet	7.40 Smurfs				9.25 Home		
	306 FAMILY	‹ 6.00 E.T. The Extra Terrestrial			8.10 Look Who's Talking Now			10.00 Daddy Day Care	
	307 ACTION	‹ 5.25 Spider-Man 3		8.00 Twisters					10.10 Transformers
	308 COMEDY	‹ 5.50 Talladega Nights: The Ballad of...		8.00 Mean Machine				9.45 Jackass Presents: Bad Grandpa	
	309 THRILLER	‹ 6.10 Trap		8.00 The Bourne Identity				10.00 The Alto Knights	
	310 DRAMA	‹ 6.05 Dear John		8.00 Darkest Hour					10.10 The Brutalist
	311 HORROR	‹ 6.10 Cuckoo		8.00 It					10.25 Pet Sematary
	313 FILM4	‹ 6.25 A Knight's Tale				9.00 The Equalizer 2			
SPORT	401 MAIN EVENT	7.00 PGA Tour Golf – Live: Coverage of day one of the Sony Open at Waialae Country Club							
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Big Interview	8.30 PL Stories	9.00 Transfer 360		10.00 Big Interview	10.30 PL Stories
	403 FOOTBALL	7.00 Bundesliga Highlights Show		8.00 SPFL Round-Up	8.30 EFL Cup Highlights		9.30 EFL Highlights	10.00 Bundesliga...	10.30 EFL Goals
	405 CRICKET	7.00 Big Bash League		8.00 WPL		9.00 SA20		10.00 Big Bash League	
	410 TNT SPORTS 1	7.00 Adobe Women's FA Cup – Live: Coverage of a fourth-round tie						10.00 The Match That Changed Tennis	
	411 TNT SPORTS 2	7.00 Snooker Masters – Live: Coverage of the second quarter-final							10.30 One Day...

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A precious tankard lost by a heartbroken son. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition Izzie Balmer and Robin Johnson sort through 7,000 Beanie Babies. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 Black Ops

7 PM

7.00 **The One Show** Lauren Laverne and Roman Kemp host the topical show. (S)
7.30 **EastEnders** The Brannings gather to remember Abi, Priya tries to reassure a loved one, and Jack turns up the pressure. (S)(AD)

8 PM

8.00 **The Traitors** New edition 8/12. Breakfast delivers a wake-up call for the faithful, with the traitors making their next dastardly move. The mission proves to be a living nightmare. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **The Traitors: Uncloaked** New edition With superfan La Voix and series three's Alexander and Linda. (S)(AD)
9.30 **Black Ops** New episode 2/6. Dom is threatened by someone from her past. (S2) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM The Hunger Games: Mockingjay – Part Two** Conclusion of the sci-fi adventure series based on Suzanne Collins' novels, starring Jennifer Lawrence, Donald Sutherland and Philip Seymour Hoffman. Katniss Everdeen leads her allies in a final battle to bring down the despotic President Snow. With Josh Hutcherson and Liam Hemsworth. (S) (2015, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Would I Lie to You?** With Bob Mortimer, Dianne Buswell, Jamelia and Mark Chapman. (S)(R)
1.15 **Weather for the Week Ahead** (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **The Travelling Auctioneers** (R)
6.45 **I Escaped to the Country** (S)(R)
7.30 **Sign Zone: Gardeners' World** (R)
8.30 **Sign Zone: See Hear** New edition With DJ and rapper MC Geezer. (S)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **LIVE Snooker: The Masters** Seema Jaswal presents coverage of the opening quarter-final on day five from Alexandra Palace, London. (S)
5.15 **Flog It!** From the Discovery Museum in Newcastle. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Hammed Animashaun, Adam Buxton, Lisa Snowdon and Lorna Watson. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson takes actor Jo Joyner horse riding in the shadow of the Cheviots. (S)(AD)

10.00 What We Do in the Shadows

7.00 **LIVE Snooker: The Masters** Hazel Irvine presents coverage of the second quarter-final on day five at Alexandra Palace in London, played over the best of 11 frames. Mark Allen was in fine form at this stage last year, prevailing 6-2 against three-time champion Mark Selby. With commentary and analysis from Steve Davis, Ken Doherty, Stephen Hendry, John Parrott and John Virgo. (S)
■ Coverage continues on BBC4

9.00 **Rob and Rylan's Grand Tour** 2/3. Rob Rinder and Rylan Clark head to Florence, setting out to discover how grand tourists tried to uncover the secrets of the Renaissance in the Italian city. (S)(R)(AD)

10.00 **What We Do in the Shadows** New episode *Headhunting:* 2/11. Colin helps Laszlo make a new friend. (S6) (S)(AD)
10.25 **Natural World: Penguin Post Office** (S)(R)
10.30 **Newsnight** (S)

11.00 **Lucy Worsley's Victorian Murder Club** 2/3. The historian continues her investigation into the Thames Torso Murderer. (S)(R)(AD)
12.00 M'T **Snooker: The Masters – Extra** Quarter-final action. (S)
2.00 AM **Sign Zone: See Hear** (S)(R)
2.30 **Sign Zone: Call the Midwife** (S)(R)
3.30 **Sign Zone: The Million Pound Shaman Scam** (S)(R)(AD)
4.30 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
5.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team are in Coventry, where a set of previously unseen Beatles photographs creates plenty of interest. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Ryan takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7.30 **Millionaire Hot Seat** New edition Jeremy Clarkson hosts the quiz in which six hopefuls compete to take home a £1 million prize. (S)
■ Continues tomorrow

8.00 **Emmerdale** Paddy is feeling desperately sad, Jai is left worried, and Joe is behaving furtively. (S)
8.30 **Coronation Street** Debbie enters her plea in court, and Todd wrestles with a weighty task. (S)(AD)

9.00 **NEW Long Lost Family** Following the stories of Alan Parker, whose mother left the family home when he was five, and Katherine Fletcher, who was told that she was adopted when she was seven. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Regional Programmes** See Local Variations. (S)

11.15 **The Essex Millionaire Murders** 2/2. Police find and seize a huge stash of prescription drugs from Luke D'Wit's home. (S)(R)(AD)
12.05 AM **Millionaire Hot Seat** (S)(R)
12.30 **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** The hosts are joined by Katie Piper. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** Stephen Mulhern hosts. (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 1-3/25. (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 15-18/24. (S8) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In Bulgaria, Lynn and David battle bureaucracy to build their new life. (S)
5.00 **Junior Bake Off** New edition The young bakers face the challenges of Dessert Day. (S)(AD)
6.00 **A Place in the Sun** New edition Jean Johansson helps restaurant owners Skevy and David find a home on the west coast of Cyprus with a budget of £400,000. (S)

5.00 Junior Bake Off

7.00 **News** (S)

8.00 **NEW SERIES Lorraine Kelly's Norwegian Odyssey** 1/3. The presenter travels through Norway's epic fjords, over mountains and to volcanic islands, embracing the country's culture, food and traditions. *See feature, page 21.* (S)(AD)

9.00 **Patience** New episode *The Timetable:* 4/8. A young autistic girl is found hiding at the Railway Museum after witnessing her father's murder and her mother's disappearance. (S2) (S)(AD)
■ Entire series on C4 Streaming

10.00 **24 Hours in A&E** At Queen's Medical Centre in Nottingham, 77-year-old Keith is treated for a cardiac arrest, and Joanna has suffered a spinal fracture after falling from her horse. (S)(R)(AD)

11.00 **24 Hours in A&E** A man is rushed in with suspected sepsis. (S)(R)(AD)
12.05 AM **The Murder of Laci Peterson** 6/6. Documentary. (S)(R)
1.15 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
2.05 **FILM Super Troopers 2** Comedy sequel starring Jay Chandrasekhar. (S)(SL) (2018, 15, 100min) ★★
3.45 **The Great Pottery Throw Down**
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 4/7. Jean and Dom assist Caron in solving a murder in a beautiful but remote country mansion. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Singer Laura Elen plans her wedding. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Featuring clips of Jane McDonald on safari in Kenya and Susan Calman in the Canaries. (S)(R)
6.55 **News** (S)

9.00 New Lives in the Wild

7.00 **The Canal Map of Britain** A look at Britain's beloved canal network via a fact-filled cruise along the first superhighways of the Industrial Revolution. (S)(R)
7.55 **News** (S)

8.00 **Spain with Michael Portillo** New edition 2/8. Michael explores the rugged green region of Asturias on Spain's northern coast, beginning with an drive along winding roads in a vintage car. (S)

9.00 NEW SERIES **Ben Fogle: New Lives in the Wild** Ben visits former war journalist Alison Porteous, to find out what took his host from reporting on the frontline to a new life near Lake Victoria in Uganda. (S)

10.00 NEW **How I Murdered Mum & Dad: The Virginia McCullough Confessions** Virginia McCullough reflects on the murder of her parents in 2019, and how she spent five years living alongside their dead bodies. (S)

11.30 **My Lover, My Killer** (S)(R)(AD)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Most Scenic Railway Journeys** Cameras follow the Rocky Mountaineer. (S)(R)
3.50 **Susan Calman's Grand Week by the Sea** (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Deep Dive North America** (R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 18/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *When Nelson Met Lisa:* An episode set in the future in which Lisa and Nelson are an unlikely couple. (S)(R)
5.30 *Habeus Tortoise:* Homer tries to solve a mystery. (S)(R)
6.00 **The Office (US)** 13/25. Dwight is tasked with finding a part-time replacement for Jim. (S)(R)
6.30 14/25. Pam swears revenge on the person who vandalised her mural. (S9) (S)(R)

9.00 Rob & Romesh vs Team GB

7.00 **The Simpsons** *Game Done Changed:* Bart discovers a profitable glitch in an online game. (S)(R)
7.30 *My Life As a Vlog:* The story of the rise and fall of the Simpson family vlog is revealed. (S)(R)

8.00 **UFO** 2/4. When US Navy pilots encounter an unidentified aerial phenomenon in 2004, conversations around UFOs move from the fringes to the centre of the Pentagon. (S)(R)(AD)

9.00 NEW **Rob & Romesh vs Team GB: Winter Special** 1/2. The duo try their hands at winter sports, with help from Eddie 'the Eagle' Edwards and Eve Muirhead. *See feature, page11.* (S)(AD)

10.00 **John Bishop 25 Tour: Live from Dublin** A performance recorded at the 3Arena in Dublin in which the comedian marks 25 years since he first stepped onto the stage with a show celebrating his career. (R)

11.45 **Curb Your Enthusiasm** 5/10. Larry begins a relationship with a disabled woman. (S)(R)
12.20 AM 6/10. Larry is forced to talk to his assistant Maureen about her attire. (S7) (S)(R)
1.00 **The Force: Manchester** (S)(R)
2.00 **Brit Cops: Rapid Response** (R)
3.00 **S.W.A.T.** 18/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30am Animal Park **12.00noon-1.00pm** First Minister's Questions **12.45-1.15am** Scotcast

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View **11.20** FILM The Hunger Games: Mockingjay – Part 2 (2015, 12, 125min) ★★★★ **1.25am** Would I Lie to You? **1.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Confessions of a Steroid Gang **11.10pm-1.15am** FILM The Hunger Games: Mockingjay – Part 2: As N. Ireland.

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
9.00pm Scrum V: The Warm Up **9.30-10.30** Rob and Rylan's Grand Tour **11.00** What We Do in the Shadows **11.25** Coast **11.55pm-12.00m't** Penguin Post Office: Natural World

ITV1

As main ITV1 except:

ANGLIA
10.45-11.15pm Anglia Late Edition

BORDER/TYNE TEES
10.45-11.15pm Around the House

LONDON
10.45-11.15pm The Late Debate

CENTRAL
10.45-11.15pm Central Lobby

GRANADA
10.45-11.15pm The Granada Debate

MERIDIAN
10.45-11.15pm The Last Word

WALES
10.45-11.15pm Welsh Lives

WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate

YORKSHIRE
10.45-11.15pm Last Orders

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Rhys Patchell: Japan a'r Gic Olaf **1.30** Y Deis **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Taith Bywyd **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwlad y Basg: Gwilym Bowen Rhys **6.25** Y Cyfweliad **7.00** Heno **7.30** Newyddion **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion **9.00** Y Byd yn ei Le **9.45** Cynefin **10.50** Cysgu O Gwmpas **11.20-11.45pm** Cymru ar Gyffuriau

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob's new friend is a giant fluffy hamster. **7.15** Patrick decides he wants to be a horse.
7.30 **Sort Your Life Out with Stacey Solomon** The team help a family coping with a life-changing diagnosis.
8.30 **Stacey Dooley: Inside the Convent** Stacey spends 10 days living with the nuns of a Whitby convent.
9.30 **The Beauty Queen & the Catfish** 1/3. A nurse who targeted, stalked and exploited hundreds of women. **10.15** 2/3. Abbie Draper takes her findings to the police, but they are unable to do anything about it. **11.00** 3/3. The victims finally have justice, but are still left searching for answers.
11.45 **Fake Friend: The Ticket Scammer**
12.45 AM **Matthew Perry and the Ketamine Queen**
1.45 **to 3.55** AM **Top Gear: Burma Special**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Yorkshire Wolds Way with Paul Rose** Paul explores the national trail.
7.30 **Pubs, Ponds and Power: The Story of the Village** Ben Robinson explores the history of Milton Abbas.
8.00 **The Stuarts in Exile** 1/2. Prince James Francis Stuart's bid to reclaim his throne from George I.
9.00 LIVE **Snooker: The Masters** The second quarter-final on day five at Alexandra Palace in London.
10.00 FILM **Where Eagles Dare** World War Two action adventure starring Richard Burton and Clint Eastwood. Allied commandos try to rescue a US general from a castle in the Bavarian Alps. (1968, PG, 149min) ★★★★
12.30 AM **The Cambridgeshire Crucifixion** Documentary.
1.25 **Pubs, Ponds and Power: The Story of the Village**
1.55 **Yorkshire Wolds Way with Paul Rose**
2.25 **to 3.25** AM **The Stuarts in Exile**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** A couple choose between north Wales and southern Spain.
5.55 **Car S.O.S** Fuzz and Tim take on one of the worst cars they have ever seen – a rusty 1965 Mustang.
6.55 **Car S.O.S** The boys pick up a 1978 JCB digger belonging to a former carpenter.
7.55 **The Dog House** Venessa and son Jacob try to assess whether there is a bond between them and beagle Zoe. Meanwhile, married couple Dexter and Aaron seek a fluffy, chunky dog.
9.00 **Britain's Favourite Railway Stations with Si King** New edition 2/4. Si fulfils a lifelong dream on the Snowdon Mountain Railway, uncovering its origins, daring engineering and iconic summit station.
10.00 **Guy Martin: The British Train that Changed the World** Guy celebrates the 200th anniversary of the first passenger train.
11.35 **Emergency Helicopter Medics** Documentary.
12.40 AM **Britain's Favourite Railway Stations...**
1.40 **to 3.50** AM **24 Hours in A&E**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** *Lisa the Simpson:* Lisa fears that she is destined to be stupid. **6.30** *This Little Wiggy:* Bart is forced to befriend Ralph. **7.00** *Treehouse of Horror XXXV:* Homer bonds with a pair of extra-terrestrial jeans. **7.30** *Pranks and Greens:* Bart befriends a former schoolboy prankster.
8.00 **Billion Pound Cruise** How passengers occupy themselves on board the *Symphony of the Seas.*
9.00 **Gogglebox 2023** Opinions on 2023's biggest and best shows, including *The Crown.*
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **Gogglebox**
3.00 **Billion Pound Cruise**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 14/22. (S4)
1.00 PM **The Rookie** 14/22. Officers Nolan and Harper help bounty hunter Randy on his first case. (S4)
2.00 **Send in the Dogs**
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

7.00 Police 24/7

7 PM

7.00 Police 24/7 A domestic dispute involves an elderly man accused of pulling a machete on his wife.

8 PM

8.00 Law & Order: Criminal Intent *Bombshell:* 20/22. A billionaire's stepson dies in mysterious circumstances. (S6)

9 PM

9.00 The Equalizer *Glory:* 2/10. McCall's online advert leads her to a mother whose son has been kidnapped. (S1)

10 PM

10.00 Law & Order: Special Victims Unit *Truth Embargo:* 2/13. Benson teams up with the FBI on an unsolved case. (S25)
11.00 **The Rookie** 7/14. (S3)
12.00 M'T **FBI** 14/22. (S4)
1.00 AM **Law & Order: Criminal...**
2.00 **Law & Order: Organized Crime** 6/13. (S4)
3.00 **Brit Cops: Frontline Crime UK**
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **Richard E Grant's Hotel Secrets** From Hong Kong.
8.00 **Boardwalk Empire** (S2)
10.10 **The Sopranos** 4&5/13. (S2)
12.20 PM **Game of Thrones** (S2)
2.30 **The Wire** 4&5/12. (S2)
4.40 **Westworld** 9/10. Maeve makes a proposition to the outlaw Hector. (S1)
5.45 **Deadwood** 9/12. Farnum is made mayor of Deadwood. (S1)
6.50 **Game of Thrones** 7/10. Theon goes on a hunt as he tries to prove his Ironborn status. (S2)

5.45 Deadwood

7.55 **Game of Thrones** *The Prince of Winterfell:* 8/10. Robb Stark discovers he has been betrayed, while Daenerys' hunger for the Iron Throne prompts her to ignore advice. (S2)

8.00 Law & Order: Special Victims Unit *Truth Embargo:* 2/13. Benson teams up with the FBI on an unsolved case. (S25)
11.00 **The Rookie** 7/14. (S3)
12.00 M'T **FBI** 14/22. (S4)
1.00 AM **Law & Order: Criminal...**
2.00 **Law & Order: Organized Crime** 6/13. (S4)
3.00 **Brit Cops: Frontline Crime UK**
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Send in the Dogs**

9.00 House of the Dragon *Smallfolk:* 6/8. With few options left, Rhaenyra summons a trusted knight for a venture, while Daemon's unease grows.
10.15 House of the Dragon *The Red Sowing:* 7/8. Rhaenyra looks to gain an advantage by unusual means. (S2)
11.30 **Deadwood** As 5.45pm.
12.35 AM **The Sopranos** 5/13. The reshuffle in the Soprano crew is not to everyone's liking.
1.40 6/13. Tony attacks a former friend. (S2)
2.45 **Game of Thrones** (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 8/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 7/10. (S6)
12.00 NOON **The Flash** 9/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 18/21. (S3)
4.00 **NCIS: Los Angeles** (S13)
5.00 **SEAL Team** 6/10. The members of Bravo return home from Syria. (S6)
6.05 **Stargate SG-1** 3/22. A salvage mission goes wrong, leaving the team trapped on a Goa'uld mothership. (S6)

5.00 SEAL Team

7.10 **Stargate SG-1** *Frozen:* 4/22. O'Neill contracts a deadly virus from a woman who has been frozen in ice. (S6)

8.15 Never Mind the Buzzcocks Greg Davies hosts the music quiz, with guests Roisin Conaty, ArrDee and James Bay.

9.00 Rob & Romesh vs Team GB: Winter Special New edition The duo try their hands at winter sports. *See feature, page11.*

10.00 Evil *3 Stars:* 3/13. Kristen, David and Ben investigate a potential demonic possession. (S1)
11.00 **Evil** 4/13. Kristen, Ben and David evaluate a boy whose parents are convinced he is possessed by a demon. (S1)
12.00 M'T **Fear the Walking Dead**
1.00 AM **Creature Commandos**
1.50 **Brit Cops: Rapid Response**
2.55 **S.W.A.T.** 18/21. (S3)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.35 **Olivia Meets Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase** With Martine McCutcheon.

10.05 Piglets

7.00 Deal or No Deal Stephen Mulhern hosts as Sarah takes on the Banker for the chance to win a life-changing cash prize.

8.00 The Real Housewives of Orange County Shannon finds out about the video from the night of her DUI and makes a confession.

9.00 Love Island: All Stars New edition Former Islanders get another shot, but only one pair can be crowned winners.

10.05 NEW SERIES Piglets 1/6. Bob and Julie compete to go to the Bahamas. (S2)
10.35 Family Guy 6/18. Peter throws Jesus a party. (S13)
11.05 **Family Guy** 19/21. Meg has fun partying with Peter when he takes her to a college. (S12)
11.35 **American Dad!** 7&4/22. (S13)
12.35 AM **Bob's Burgers** (S12)
1.35 **Olivia Attwood's Bad Boyfriends**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.15 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *The Funk Hole:* Foyle and his team search for a missing boy.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Picture This:* Peggy and David convince a pair of bird-watchers that Aidensfield is home to a rare bird of prey.

10.00 Foyle's War

6.55 Heartbeat *The Good Samaritan:* Walker looks into a fatal car crash, while a devout couple are faced with money issues.

8.00 Vera *Muddy Waters:* When a man's body is dredged up from a slurry pit on a remote farm, Vera must connect the dots between the victim and a wounded illegal immigrant who has been working there. Guest stars Mark Bonnar.

10.00 Foyle's War *The French Drop:* When a man's remains are found, Foyle's investigations lead him into the world of espionage, where murder and deception are rife.
11.50 Trial & Retribution 1/2. Walker investigates the discovery of a skeleton found under the patio of what used to be a boarding house. (S5)
2.00 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Banjo and Ro's Grand Island Hotel** 2/6. Banjo and Ro tackle the vast ruined entrance of Ulva House.
8.00 **Scotland's Sacred Islands with Ben Fogle** 2/4. Ben explores Catholic island life.
9.00 **Inside Barlinnie** 2/3. The problems of illegal drugs at the prison.
10.00 **Scot Squad** 2/5. Traffic officer Hugh McKirdy shares his wisdom on all things deep-fried. (S7)
10.30 **Best of Chewin' the Fat** Highlights of the comedy sketch show.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Situationships with Sophie and Christine** Sophie Gravia and Christine McGuinness offer dating advice.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 5&6/10. (S2)
10.10 **Sex and the City** (S6)
11.20 **Entourage** (S8)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 7&8/10. (S2)
4.00 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S4)
6.45 **Community** (S1)
7.45 **Sex and the City** 9/20. Carrie loses her shoes.
8.20 10/20. Carrie has dinner with a former boyfriend. (S6)
9.00 **Maisie Adam: Appraisal** A home town stand-up show by the comedian at Harrogate Theatre.
10.15 **And Just Like That...** 9/10. Charlotte helps Lily through a crisis. (S1)
11.00 **Community** (S1)
12.00 M'T **Entourage** (S8)
1.10 AM **Ballers** (S2)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Darbar Festival**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the Unexpected**
2.00 **The Brontës by Anita Rani: Sisters of Disruption** Documentary.
3.00 **Wordsworth & Coleridge Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** From Derwentwater.
8.00 **Discovering**
9.00 **Agatha Christie's Pale Horse** Murder mystery.
11.25 **The Directors**
12.25 AM **The Ghost of Richard Harris**
2.45 **Voices of Ireland**
4.00 **Inside Art** Double bill.
5.00 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 13/26. (S6)
8.00 **Star Trek: Deep Space Nine** 11/26. (S7)
9.00 **World's Most Evil Killers** The crimes of Richard Paul White.
10.00 **Britain's Most Evil Killers** The case of the cannibal cop killer Stefano Brizzi.
11.00 **Grimm** 14/22. (S4)
12.00 M'T **Wynonna Earp**
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A family team of five take part.
3.00 **In with a Shout** The Coburn-Hughes family takes on the Browns in the game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow – Celebrity Special** Shane Richie, Gabby Logan, Vick Hope and Richard Blackwood play *Name That Tune.*
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Valley of the Kings: Secret Tomb Revealed**
8.00 **Kirstie and Phil's Love It or List It** A couple from Essex decide whether to renovate or sell their bungalow.
9.00 **FILM A Few Good Men** Courtroom drama starring Tom Cruise, Jack Nicholson, Demi Moore and Kevin Bacon. (1992, 15, 132min) ★★★★
11.45 **Celebrity SAS: Who Dares Wins** Double bill.
1.50 AM **Travel Man: 48 Hours in Prague**
2.20 **to 4.50** AM **The Murder of Laci Peterson**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Football Rivalries**
6.10 **The Big Match Revisited**
8.20 **Magnum, PI**
9.20 **Kojak**
10.30 **Boon**
11.35 **The Professionals**
12.35 PM **Robin of Sherwood**
1.50 **Magnum, PI**
2.50 **Kojak**
4.00 LIVE **World Series of Darts** Coverage of day one of the Bahrain Masters from Bahrain International Circuit in Sakhir, featuring first-round matches, played over the best of 11 legs.

10.00 Kill Bill: Volume 1

LIVE **World Series of Darts** (started at 4.00pm)

8.00 **Ice Road Truckers** Hugh, Alex, Rick and Drew travel 100 miles north of the Arctic Circle to cut their teeth on a new route.

9.00 **Junk & Disorderly** The team buy a tractor at an auction, and Skid amazes everyone on his first ever tractor driving lesson.

10.00 FILM **Kill Bill: Vol. 1** Action thriller starring Uma Thurman. Left for dead, a woman awakens from a coma four years later and seeks revenge. (2003, 18, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Berlin Station** 2/9. (S2)
1.15 **Minder**
2.15 **Made in Britain**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 4/26. (S5)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 5/26. (S5)
2.00 **Blood & Treasure** (S1)
4.00 **Stargate SG-1** 15/22. (S1)
5.00 **Star Trek: Enterprise** (S4)
6.00 **Star Trek: The Next Generation** 4/26. An away team led by Riker encounter a destructive force known as the Crystalline Entity. (S5)

11.00 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *The Assignment:* 5/26. Keiko's body is taken over by a hostile force that threatens to kill her. (S5)

8.00 **Stargate SG-1** *Singularity:* 15/22. The team rescue a stranded child but discover she is a human time bomb. (S1)

9.00 **Grimm** *The Beginning of the End – Part Two:* 22/22. Black Claw makes a move against Hank that shocks everyone. (S5)

10.00 **Grimm** *Fugitive:* 1/13. Captain Renard claims power as the mayor-elect of Portland, posing a new threat to Nick. (S6)
11.00 **Wynonna Earp** 9/13. Having obliterated the seven revenants who took Willa, Wynonna remains unfulfilled. (S1)
12.00 M'T **Intergalactic** 1/8. First episode of the sci-fi drama. (S1)
1.00 AM **Blood & Treasure** (S1)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** As 12.00m't
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 1/22. (S6)
11.00 **Hudson & Rex** 15/16. (S4)
12.00 NOON **Miss Fisher's Murder Mysteries** 9/13. (S1)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 1/22. (S6)
5.00 **Hudson & Rex** 15/16. (S4)
6.00 **Father Brown** *The Wheels of Wrath:* Rock 'n' roll reaches Kembleford when a group of bikers cause outrage and excitement in equal measure.

9.00 Allegiance

7.00 **Miss Fisher's Murder Mysteries** *Queen of the Flowers:* 9/13. Phryne teaches delinquent girls how to be ladylike. (S1)

8.00 **Death in Paradise** *A Murder on the Plantation:* 1/8. The owner of a sugar plantation is killed. (S2)

9.00 **Allegiance** Series finale *Dawn to Dawn:* 10/10. Sabrina helps a troubled teenager caught in a bloody gang conflict. (S1)

10.00 **Annika** 1/6. When a recording of a brutal drowning is handed in to MHU headquarters, the pressure is on for Annika and the team to track down the murderer. (S2)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** (S1)
1.00 AM **Death in Paradise** (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.25 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

8.00 Blackadder the Third

7.20 **Dad's Army** An invasion alert throws Mainwaring's hopeless would-be heroes into a panic.

8.00 **Blackadder the Third** Prince George hires two actors to improve his speech-making.
8.35 Edmund tries to find a bride with a large dowry for Prince George.
9.20 The Duke of Wellington challenges Prince George to a duel.

10.00 **Men Behaving Badly** A moment of madness costs Dermot his job.
10.35 **Blackadder the Third** As shown at 8.00pm.
11.10 **Blackadder the Third**
12.30 AM **Men Behaving Badly**
1.05 **Blackadder the Third**
3.00 **Men Behaving Badly**
3.25 **to 4.00** AM **The Green Green Grass** Boycie sacks Mrs Cakeworthy when he catches her slacking.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Man Lab**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Speed with Guy Martin: F1 Challenge** Guy joins a Formula One pit crew during the 2017 Belgian Grand Prix.
11.00 **Rick Stein's India**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's India** The chef explores the country's cuisine.

6.00 Rick Stein's India

7.05 **Would I Lie to You? The Unseen Bits** Extra material from the show.
7.45 **Richard Osman's House of Games** With Rachel Fairburn and Kimberley Nixon.
8.25 Contestants include Sarah Kendall and Jay McGuiness.

9.00 **QI XL** Neil Delamere, Cariad Lloyd and Chris McCausland join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Bill Bailey hosts the satirical quiz, with guest panellists Fin Taylor and Dawn Butler.
11.00 **Taskmaster** Mark Watson and Nish Kumar make toast.
12.00 M'T **Would I Lie to You?**
12.40 AM **Mock the Week** With Tom Allen and Ari Eldjarn.
1.20 **Would I Lie to You? The Unseen Bits** As 7.05pm.
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 3-5/10. (S21)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Left for Dead:* 10/23. A woman is buried alive, but manages to escape.
7.00 *Eye Spy:* 11/23. A spy satellite technician witnesses a murder.
8.00 *My Other Left Foot:* 12/23. A severed leg is found in a bin. (S1)
9.00 **Blue Bloods** *Disrupted:* 11/22. Erin helps Anthony protect his family from a patient.
10.00 *Milestones:* 12/22. A guilty Frank tries to reinstate an officer he previously fired. (S9)
10.55 **Law & Order: Special Victims Unit** (S17)
2.40 AM **Sight Unseen** New episode 7/10. Tess digs into the disappearance of a pastor's daughter. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Amazing Cleans**
10.00 **Rich Kids Go Skint**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** New edition Paula arrives at the surgery with a worrying skin lesion on her leg.
9.00 **A&E After Dark** Security are called after a violent argument.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **GPs: Behind Closed Doors** Medical series.
2.45 **Skin A&E**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
11.55 FILM **Johnny Guitar** Western drama. (1953, PG, 110min) ★★★★
2.15 PM FILM **Vengeance Valley** Western. (1951, PG, 83min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Inspector Anton Sullivan follows a white van being driven erratically.
9.00 **Mud Mountain Haulers** New edition Craig and Taylor struggle to move the 65-ton winch.
10.00 **Outback Truckers**
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Hurricane Sandy.
1.00 AM **Ice Road Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary series.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **Pete Wicks: For Dogs' Sake** Pete meets Chow Chow Nugget who has a longer stay than planned.
9.00 **Louis Theroux: Law & Disorder in Johannesburg** The award-winning journalist visits Johannesburg.
10.00 **Louis Theroux: Law & Disorder in Lagos**
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Law & Disorder in Johannesburg**
1.40 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.30 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 2/6. A beautiful woman seeks Kingdom's help. (S1)
9.00 **Harry Wild** *Killing Me Softly with His Bad Pop Song:* 1/6. The singer of a band falls off a roof in an apparent suicide. (S3)
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Hotel Portofino**
1.55 **One Foot in the Grave**
2.40 **To the Manor Born**
3.10 **to 4.00** AM **Harry Wild**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Rise of the Nazis: The Downfall**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: The Downfall**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Bangers & Cash** Derek collects a rare 1975 NSU RO 80.
9.00 **Flipping Bangers** Gus and Will hope to buy a Scandinavian car.
10.00 **Bangers & Cash**
11.00 **Bangers & Cash: Restoring Classics**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: The Downfall**

+1 hour 255 329

U&Yesterday has moved to here

THURSDAY Entertainment

All four GREAT! channels can found here

Thursday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** Pembrokeshire.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** Drew Pritchard scours France for scrap items. **7.00** Drew is on the hunt for rare objects in a Devizes dealership.
8.00 **Antiques Road Trip**
9.00 **Ghost Adventures** New edition A family say they have been driven from their home by a malicious entity.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.10 **Highway to Heaven**
10.10 **Little House on the Prairie** 5&6/26. (S5)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 3/6. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 25/26. Charles falls for a Korean girl. **8.00** 26/26. BJ plans a family reunion. (S7) **8.30** 1/25. A war-weary foot soldier raises spirits in the 4077th. (S8)
9.00 **FILM The Pure Hell of St Trinian's** Comedy starring George Cole and Joyce Grenfell. (1960, b/w, U, 94min) ★★★
11.05 **Born and Bred** (S4)
12.05 AM **Down to Earth** (S5)
1.15 **Rumpole of the Bailey**
2.25 **Home to Roost** 1/7. (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.50 **FILM Any Gun Can Play** Spaghetti Western. (1967, 12, 98min) ★★
12.00 NOON **The High Chaparral** 17/26. (S2)
1.00 PM **FILM Return of Sabata** Western starring Lee Van Cleef. (1971, 15, 107min) ★
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Unleashed** Action drama starring Jet Li. (2005, 18, 102min) ★★★
11.10 **FILM Dragon Eyes** Drama starring Cung Le. (2012, 18, 87min) ★★
1.10 AM **The Avengers**
2.10 **The New Avengers**
3.10 **FILM NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 16/24. (S5)
12.10 PM **FILM An Emma Fielding Mystery: Site Unseen** (2017, PG) ★★
2.05 **FILM Mystery 101: Playing Dead** Drama. (2019, PG, 90min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 17/24. (S5)
8.00 **Unforgettable** (S2)
9.00 **FILM An Emma Fielding Mystery: Past Malice** Drama. (2018, PG) ★★
10.55 **FILM Lost Letter Mysteries** Drama. (2014, PG, 90min) ★★
12.50 AM **FILM The Landlord** Thriller. (2017, PG) ★★
2.35 **FILM The Black Widow Killer** (2018, 12) ★
4.00 **to 4.50** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM Love's Match** Drama. (2021, PG) ★★
10.25 **FILM Raise a Glass to Love** (2021, PG) ★★
12.30 PM **FILM Wedding at Graceland** Drama sequel. (2019, PG, 85min) ★★
2.25 **FILM Sand Dollar Cove** Drama. (2021, PG) ★★
4.15 **FILM Sun, Sand and Romance** Drama. (2017, PG, 90min) ★★
6.10 **FILM A Summer to Remember** Comedy. (2018, PG, 90min) ★★
8.00 **FILM PREMIERE A Wedding for Belle** Drama with Ella Cannon. (2025, PG, 90min) ★★
9.55 **FILM A Summer Romance** Drama. (2019, PG, 90min) ★★
11.50 **FILM Love at the Shore** Comedy. (2017, PG) ★★
1.45 AM **Highway to Heaven**
2.45 **FILM Sand Dollar Cove**
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life of Edgar Briggs** 7/13. (S1)
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 8/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs** 7/13. (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 3/7. (S2)
7.30 **The Dustbinmen** (S2)
8.00 **Boon** 8/13. (S2)
9.00 **Lady Killers**
10.00 **FILM Queen of the Blues** (1979, 18) ★★
11.15 **Stereo Underground**
12.15 AM **Star Maidens**
12.45 **A Day in the Life of Beryl Cook**
1.15 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The captains battle the polar ice pack in a bid to save their pots. **8.00** A *Northwestern* deckhand is angered by a crew complaint.
9.00 **Expedition X** The team investigate a series of bizarre cattle mutilations.
10.00 **Expedition Bigfoot**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's American Adventure** From San Francisco. **10.00** The chef arrives at the vineyards of Sonoma County.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 11/27. (S4)
9.00 **The A-Team** 14/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
1.00 PM **FILM Charro!** Western. (1969, U) ★
3.00 **FILM The Pledge** Western. (2008, PG, 79min) ★★★
5.00 **Star Trek** 24/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 15/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Warrior** Drama starring Joel Edgerton and Tom Hardy. (2011, 12, 140min) ★★★★
11.40 **FILM Freight** Thriller starring Billy Murray. (2010, 18, 90min) ★★
1.30 AM **FILM The Football Factory** Violent drama. (2004, 18, 91min) ★
3.20 **to 5.00** AM **FILM The Sorcerers** Horror chiller. (1967, 15, 85min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Coward of the County** Drama. (1981, PG, 104min) ★★
11.00 **Andromeda** 22/22. (S5)
12.00 NOON **FILM MegaFault** Sci-fi action adventure. (2009, 12, 90min) ★★
2.00 PM **FILM The Curse of the Werewolf** Horror. (1961, 12, 92min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Dark Storm** Thriller. (2006, 15, 89min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 7/23. (S1)
9.00 **FILM The Fan** Thriller starring Robert De Niro. (1996, 15, 114min) ★★
11.15 **FILM Age of Kill** Action thriller starring Martin Kemp and Patrick Bergin. (2015, 15, 82min) ★★
1.00 AM **FILM Beware My Brethren** Thriller. (1972, 15, 98min) ★★
3.00 **FILM Dark Storm**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Contraband: Seized at Sea** Documentary.
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens: Origins**
10.55 **Alien Corridors**
11.50 **Curse of Skinwalker Ranch** Documentary.
12.45 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Contraband: Seized...**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Entertainment News**
9.15 **The Yorkshire Vet**
10.25 **Operation Pet Rescue**
11.25 **Ben Fogle: New Lives in the Wild** The Azores.
12.25 PM **The Pacific War in Colour** Documentary.
1.25 **Murder, She Wrote**
3.25 **Columbo**
5.00 **World's Biggest Battleship: Drain the Oceans** Documentary.
6.00 **Digging Up Britain's Past** Catterick Garrison
7.00 **Pacific War in Colour** The invasion of Saipan.
8.00 **Ben Fogle: New Lives in the Wild** Dorset.
9.00 **William: A Life in Pictures** Documentary.
10.30 **Edward & Wallis: The Bahamas Scandal – Revealed**
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Matt Allwright, Stacey Solomon, Keith Allen and Louise Minchin.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities take part to win a prize for a charity of their choice.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A family team compete in the quiz hosted by Warwick Davis.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly** (S1)
8.30 **Young Sheldon** (S1)
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly** (S1)
3.30 **Young Sheldon** (S1)
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 15/23. Guest stars Christine Baranski. **8.30** 16/23. Sheldon and Penny fall out over a game of paintball. (S2)
9.00 **NEW SERIES 90 Day Fiancé UK** Shorna had a holiday romance with toyboy Adnand, now they are planning a reunion. **10.00** New edition Adnand is deflated when formerly lusty lover Shorna reveals her vow of chastity.
11.00 **The Bad Skin Clinic**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 313

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Impractical Jokers**
10.00 **Spin City** 8&9/23. (S5)
11.00 **Everybody Loves Raymond** (S5)
1.00 PM **Friends** (S2)
8.00 **Friends** 15/24. Monica falls for a family friend. **8.30** 16/24. Joey decides to move out. (S2)
9.00 **FILM Big Trouble in Little China** Fantasy adventure starring Kurt Russell and Kim Cattrall. (1986, 15, 100min) ★★★
11.00 **Jimmy Carr's Am I the A**hole?**
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S4)
3.00 **The Pep Talk**
3.10 **John Mulaney: New in Town** Stand-up show.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 18-21/24. (S5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 8&9/23. (S5)
7.00 **Everybody Loves Raymond** (S5)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** 13-18/24. (S1)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** (S2)
3.45 **Important Things**
4.30 **Spin City** 8&9/23. (S5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
8.35 **Upstairs, Downstairs**
9.35 **Duty Free** 5/7. (S1)
10.10 **Bread** 5/11. (S7)
10.45 **Steptoe and Son** (S5)
11.25 **You Rang, M'Lord?** (S3)
12.25 PM **Rising Damp** (S2)
12.55 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 9/13. (S1)
3.05 **Minder** 9/11. (S1)
4.10 **Citizen Smith** (S2)
4.45 **Some Mothers Do 'Ave 'Em** 2/6. (S2)
5.20 **Steptoe and Son** (S2)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.20 **Rising Damp** 2/8. (S2)
7.55 **Minder** 3/13. (S2)
9.00 **Benidorm** 4/7. (S8)
9.55 **Shameless** 4/14. (S11)
11.00 **Minder** 5/13. (S2)
12.00 M'T **Benidorm** (S8)
1.00 AM **Shameless** (S11)
2.00 **Kenny Everett Show**
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

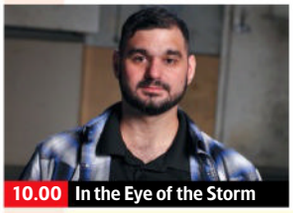
6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
11.00 **Catfish: The Dramatic**
12.00 NOON **Catfish: The TV Show** Triple bill.
3.00 PM **Catfish: The Dramatic** Reality show.
4.00 **Catfish: The TV Show**
6.00 **Celebs on the Ranch**
8.00 **Teen Mom UK** Chloe tries sleep therapy, while Amber feels broken by a bust car.
9.00 **Dating Naked** New-age hippie Ashley and healer Alika want to get married. **10.00** Joe from California and MJ from Detroit meet at a tropical locale.
11.00 **Queerpiphany**
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.30** The creation of fire gloves used by emergency services personnel, and the creation of enamel used in bakeware.
5.00 **Alaska: Homestead Rescue** In Aloha State, a Hawaiian family struggle to homestead between two active volcanoes.



10.00 In the Eye of the Storm

7.00 **Wheeler Dealers** Mike decides to take a gamble and imports an original 1970s Toyota Landcruiser from Japan.
8.00 **Wheeler Dealers** Mike tracks down one of the most iconic estate cars of all time – the Volvo 240 Torslanda.
9.00 **Marooned with Ed Stafford** Ed tries to survive in the Erongo Mountains, hundreds of kilometres of rocky desert.
10.00 **In the Eye of the Storm** New edition Rescuers battle rising floods in Florida's deadliest hurricane in 100 years.
11.00 **Expedition Unknown** Josh heads to the Holy Land, where he finds an ancient inscription.
12.00 M'T **Deadliest Catch**
1.00 AM **Marooned with Ed Stafford** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!**
10.00 **Tanked** An exotic fish tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Cats intent on destroying their home. **4.00** Jackson Galaxy deals with a bullying feline.
5.00 **Lone Star Law** The work of the Texas Game Wardens.
6.00 **Dr Jeff: Rocky Mountain Vet** Jeff visits a free clinic and returns with an injured dog.

5.00 Lone Star Law

7.00 **Treehouse Masters** Pete Nelson creates an off-the-grid escape that is all about peace, love and treehouses.
8.00 **Richard E Grant's Seven Deadly Sins** Exploring the evolutionary roots of lust – the intense craving for sexual interaction.
9.00 **Alaska: The Last Frontier** With predators closing in, Otto creates a calf caboose for his spring cattle drive at the bay.
10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browntown residents discuss some of their most innovative shelters.
11.00 **The Haunted** A mother is sceptical about her kid's tales.
12.00 M'T **Crikey! It's the Irwins** Robert sets out to save a stranded platypus.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above** Documentary.
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **America's Last Slave Ship: Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** The V1 flying bomb's development.

8.00 Toronto Airport Uncovered

7.00 **Air Crash Investigation** How a fire erupted on board Air Canada Flight 797 in June 1983, killing 23 of the 41 passengers.
8.00 **Toronto Airport Uncovered** New edition A faulty 787 needs urgent repairs, and cargo needs to be re-loaded.
9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a former soldier's Austin army truck that has been used as a farm vehicle.
10.00 **Top Guns: The Next Generation** The students tackle the longest and most technical section of the advanced phase.
11.00 **Air Crash Investigation**
12.00 M'T **Alaska: The Next Generation** Series finale The Roaches and Millers connect.
1.00 AM **To Catch a Smuggler**
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **Mysteries from Above**
1.00 PM **Ice Road Truckers**
2.00 **Mountain Men**
3.00 **Storage Hunters** Six editions of the series, including at: **5.30** The Taylor brothers win a vault with a wet-bike.
6.00 **American Pickers** In Michigan, a late collector's home features a stockpile of awesome wheels.

10.00 Mountain Men

7.00 **Forged in Fire** The team turn a snowmobile's blades into a kukri knife, before the last two fight to forge an intricate sword.
8.00 **Black Death Patient Zero** Historian Philip Slavin identifies what he believes could be Black Death Patient Zero.
9.00 **Ice Road Truckers** New edition Todd Dewey returns to face a nemesis that once defeated him and destroyed his truck.
10.00 **Mountain Men** New edition Lauro guides his team through frozen wilderness to reach Neil at a remote trapping camp.
11.00 **The UnXplained with William Shatner** A look at some places and objects that are thought to be cursed.
12.00 M'T **The UnXplained with William Shatner**
12.55 AM **American Pickers**
1.50 **Ice Road Truckers**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering** Julia Roberts.
8.00 **The Directors** Barry Levinson.
9.00 **The Movies** The 1960s.
10.00 **Juan Carlos: Downfall of the King** Juan Carlos abdicates and flees into exile.
11.00 **The Great Rhino Robbery**
2.00 PM **All That Breathes** Two brothers in Dehli devote their lives to protect a bird.
4.00 **Discovering** Julia Roberts.
5.00 **The Directors** Barry Levinson.
6.00 **The Movies** The impact of films including *The Graduate*.

4.00 Discovering

7.00 **I Am Bruce Lee** A look at the life and career of the actor and martial artist widely known for his work in *Enter the Dragon* and *Fist of Fury*, offering a perspective on his rise to fame.
9.00 **FILM Going Clear: Scientology and the Prison of Belief** Documentary exploring the history of the religious movement, and profiling eight former members, who offer their perspective on the Church's actions. (2015, 15, 120min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Nothing Compares** The story of Sinéad O'Connor's rise to worldwide fame.
1.20 AM **Tony Hawk: Until the Wheels Fall Off** A definitive look at the skateboarder's life and career.
3.50 **Adam Hills: Foot Fault** A campaign to promote para-standing tennis.
5.00 **to 6.00** AM **Discovering**

7 PM
8 PM
9 PM
10 PM

Sky Documentaries can now be found here

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Outback Opal Hunters** New edition Slim Pickings' rickety tractor breaks down.
10.00 **Treasure Hunters Down Under** New edition Bruce and John battle some stormy weather for seaside gems.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70 151

Quest Red

149 150 137/146 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Jamie Lavis.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** The theft of nitrous oxide from a Darlington hospital.
8.00 **Murder on CCTV** Beth von Steinner's death.
9.00 **Signs of a Psychopath**
10.00 **Your Worst Nightmare**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** DI Steve Keogh uncovers secrets in Julian Webb's murder.
8.00 **Murder: Point of Contact** College student Jamil Palmer was found fatally stabbed in 2014.
9.00 **Cold Justice** New edition The murder of a mother, stabbed in an apparent carjacking.
10.00 **When Death Comes Knocking** New edition A homicide investigation where crucial evidence was caught on a Ring-style doorbell.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice** As 9.00pm.
3.00 **When Death Comes Knocking** As 10.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** In 1986, Barbara Carr was killed in a home invasion. **3.00** Years after a murder, determination and new forensic tools aid in finding the killer.
4.00 **48 Hours** Michael Politte.
5.00 **Medical Detectives** A woman is found dead with a gun in hand and suicide notes nearby. **5.30** Investigators piece together a computer disc to find a murderer. **6.00** A man is killed by a massive bomb blast. **6.30** Investigating a murder staged to look like an accident.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation** John Haigh.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Forensics: Catching the Killer** New edition
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Catching the Killer**
1.00 AM **Most Evil Killers**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **World of Stonehenge**
9.20 **Living in the Shadow of World War Two**
10.35 **The Civil War's Lost Massacre** As 8.30pm.
11.50 **Waco: Longest Siege**
1.00 PM **Grand Tours of...**
1.40 **World of Stonehenge**
2.50 **Living in the Shadow of World War Two**
3.55 **The Civil War's Lost Massacre** As 8.30pm.
5.05 **Waco: Longest Siege**
6.15 **World of Stonehenge**
7.20 **Living in the Shadow of World War Two**
8.30 **NEW The Civil War's Lost Massacre** A search for the remains of murdered Black Union soldiers.
9.40 **Waco: Longest Siege**
10.50 **Living in the Shadow of World War Two**
12.00 M'T **The Civil War's Lost Massacre**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Listings for **Sky Documentaries** has moved to the previous page

Thursday

Sky Nature

145 113/114 189 354 369

6.00 AM **Shark Squad**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Arabian Seas**
11.00 **Deep Dive North America**
12.00 NOON **The Wild Wild East**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Arabian Seas**
5.00 **Gangs of Lemur Island**
6.00 **The Wild Wild East**
7.00 **Monkey Life** Double bill.
8.00 **Into the Wild: Colombia**
9.00 **Becoming Elephant: The Orphans of Reteti** Following orphaned elephants at Reteti Elephant Sanctuary.
10.00 **The Wild Wild East**
11.00 **Gangs of Lemur Island**
12.00 M'T **Deep Dive North America**
1.00 AM **Shark Squad**
2.00 **Into the Wild: Colombia**
3.00 **Becoming Elephant: The Orphans of Reteti**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **WWII's Most Daring Raids**
11.00 **Ancient Aliens Special...**
1.00 PM **Ancient Aliens**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **WWII's Most Daring Raids** Operation Husky, an amphibious invasion of the island of Sicily. **8.00** A 1941 mission by elite British commandos.
9.00 **Hitler's British Island** 2/2. Nazi control of the Channel Island of Alderney.
10.00 **Ancient Skies** How people continued to unleash their imaginations on the skies.
11.00 **Ancient Aliens Special Presentation**
1.00 AM **Ancient Aliens**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Richard Hammond's Big**
1.00 PM **Blowing Up History**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?** A look at how money is kept safe inside cash machines. **6.30** How 28 million plastic bags are made every day. **7.00** How the world's most expensive vinegar is made. **7.30** How Australia's 80 million sheep are sheared every spring. **8.00** A look at bras designed with aerospace technology. **8.30** How plasterboard is made from power station smoke.
9.00 **How It's Made** Four editions.
11.00 **How It's Made: Dream Cars** Focusing on the Alfa Romeo 4C. **11.30** The Pagani Huayra. **12.00** M'T The birthplace of the Caterham Seven. **12.30** AM The Bugatti Veyron.
1.00 **NASA's Unexplained Files**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Sabrina Kouider.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **Homicide Squad: New Orleans** New edition Detective Nick Davis investigates a homicide in the French Quarter.
10.00 **The First 48**
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Squad: New Orleans**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Casey and Brutus: Grizzly Encounters**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Hollywood's Killer Bear**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: North Carolina** The zookeepers are kept busy by the birth of a white rhino.
8.00 **Wild Hunters** The influence of the seasons on bears' bodies. **9.00** A look at the struggles faced predatory fish.
10.00 **Life Below Zero: First Alaskans** Jody returns to her native village.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **Cuba's Secret Shark Lair**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Examining the evolution of galaxies.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Cuba's Secret Shark Lair** Researchers seek out huge hammerhead and great white sharks in Cuban waters.
9.00 **Ancient Unexplained Files** The origins of Machu Picchu.
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry heads to Adelaide.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
7.00 **Inside the Ambulance** Paramedics help a woman who has suffered a violent seizure, and an elderly lady who had an unfortunate encounter with some bees. **8.00** Emergency workers rush to the aid of a man who is struggling to breathe. **9.00** Two paramedics come to the aid of an elderly man who is having a heart attack. **10.00** The paramedics are dispatched to help a baby with suspected sepsis, and a father-to-be with serious burns. **11.00** The paramedics help a couple who have both taken an overdose, and a pensioner experiencing chest pains. **12.00** M'T A pensioner is involved in a domestic assault, and a driver is trapped in his car after an accident.
1.00 AM **Inside the Ambulance**
5.30 **to 6.00** AM **My Kind of Town**

+1hour 266 376

ID

154 141 166

8.00 AM **Breaking Homicide**
9.00 **The Perfect Murder**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** A woman murdered after disturbing a burglar.
1.00 PM **The Perfect Murder**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Still a Mystery**
7.00 **Death by Fame** A former runway model is found dead at the bottom of her pool. **8.00** Police officers sift through hours of surveillance to catch a killer in the act.
9.00 **American Detective with Lt Joe Kenda** A former mayor of an Ohio town is found dead in his hunting cabin.
10.00 **The Real Murders on Elm Street** A house on Elm Street goes up in flames, leaving two people dead.
11.00 **How (Not) to Get Rid of a Body**
12.00 M'T **Murder Comes to Town**
2.00 AM **Still a Mystery**
4.00 **to 6.00** AM **Death by Fame**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Neil promises to help a friend with his Morris 8.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek and Dave Chappelle find an old dually among a flock of chickens in rural Kentucky.
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **PREMIERE Smurfs**
7.50 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
9.35 **The Phoenician Scheme**
11.20 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★
1.00 PM **Nuremberg** As 8.00pm.
3.30 **PREMIERE Smurfs** Fantasy comedy. (2025, PG, 89min) ★★ *See review, page 27.*
5.10 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★

3.30 Smurfs

8.00 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon, Colin Hanks, Leo Woodall and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Sinners Horror thriller starring Michael B Jordan. Twin brothers return to their hometown, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Cookster: The Darkest Days** Drama starring Craige Middleburg. (2024, 15, 119min)
3.00 **The Phoenician Scheme** Wes Anderson's offbeat comedy. (2025, 15, 101min) ★★★
4.50 **to 6.30** AM **Safe House** Thriller. (2025, 15, 90min)

Sky Cinema Science Fiction

303 303 403 503 517

7.40 AM **57 Seconds** Thriller. (2023, 15, 99min) ★★★
9.25 **Ready Player One** (2018)
11.45 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
1.35 PM **The Chronicles of Riddick** Sci-fi sequel to *Pitch Black*. (2004, 15, 119min) ★★★
3.40 **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
5.40 **Ready Player One** Steven Spielberg's fantasy adventure. (2018, 12, 140min) ★★★★

8.00 2012

8.00 2012 Epic disaster movie starring John Cusack, Chiwetel Ejiofor and Amanda Peet. A struggling writer strives to get his family to safety after he learns of an impending global catastrophe. With Thandie Newton, Woody Harrelson and Oliver Platt. (2009, 12, 158min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 A.I. Artificial Intelligence Steven Spielberg's sci-fi fantasy starring Haley Joel Osment as a robot child who goes on a quest to become a real boy and win his human mother's love. With Frances O'Connor. (2001, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **The Core** Sci-fi thriller. (2002, 12, 135min) ★★★
3.50 **to 6.00** AM **Restore Point** Czech sci-fi thriller. Subtitled. (2023, 15, 115min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.00 AM **The Boy in the Striped Pyjamas** As shown at 3.45am.
8.40 **Golda** Biopic. (2023, 12) ★★
10.25 **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★
12.05 PM **Lost in Translation** Romantic comedy drama. (2003, 15, 102min) ★★★★★
1.50 **The Shawshank Redemption** Prison drama with Tim Robbins. (1994, 15, 142min) ★★★★★
4.15 **About a Boy** Comedy drama. (2002, 12, 101min) ★★★★
6.05 **Dear John** Romance starring Channing Tatum and Amanda Seyfried. (2010, 12, 108min) ★★
8.00 **Darkest Hour** Wartime drama starring Gary Oldman. (2017, PG, 122min) ★★★
10.10 **The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. (2024, 18, 215min) ★★★★★
1.30 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
3.45 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
5.25 **to 7.15** AM **The Bridges at Toko-Ri** Korean War drama. (1954, U, 99min) ★★★

Sky Cinema Horror

311 311 411 511 525

6.45 AM **The Front Room** (2024)
8.30 **Us** As shown at 12.15am.
10.40 **Ma** Horror. (2019, 15) ★★★
12.35 PM **AfrAId** Sci-fi horror starring John Cho. (2024, 15, 84min) ★★
2.10 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
4.25 **The Front Room** Horror thriller. (2024, 15, 94min) ★★
6.10 **Cuckoo** Horror starring Hunter Schafer. (2024, 15, 102min) ★★★
8.00 **It** Adaptation of the Stephen King chiller, starring Bill Skarsgård. A group of bullied New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★
10.25 **Pet Sematary** Supernatural thriller based on the novel by Stephen King, starring Dale Midkiff. A family move into a new house and discover a strange cemetery for pets that brings the dead back to life. (1989, 18, 103min) ★★★
12.15 AM **Us** Jordan Peele's horror. (2019, 15, 116min) ★★★★
2.15 **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
3.55 **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.05 AM **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
8.40 **Bookworm** Comedy. (2024, 12, 103min) ★★★★
10.35 **Paul Blart: Mall Cop** Crime comedy. (2009, PG, 91min) ★
12.20 PM **Paul Blart: Mall Cop 2** Comedy sequel. (2015, PG) ★★
2.10 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.05 **IF** As shown at 1.30am.
6.00 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★

6.00 E.T. The Extra Terrestrial

8.10 **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley, and featuring the voices of Danny DeVito and Diane Keaton as a pair of mismatched dogs. (1993, 12, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Daddy Day Care** Family comedy starring Eddie Murphy and Jeff Garlin as two unemployed fathers who open a day-care centre for children. (2003, PG, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Journey to the Center of the Earth** Family adventure starring Brendan Fraser. (2008, PG, 92min) ★★
1.30 AM **IF** Fantasy adventure. (2024, U, 104min) ★★★
3.30 **Look Who's Talking Now**
5.20 **to 6.55** AM **Spy Kids 3: Game Over** Action comedy sequel. (2003, U, 84min) ★★★

Sky Cinema Action

307 307 407 507 521

6.40 AM **Mortal Kombat** Action fantasy. (2021, 15, 110min) ★★
8.35 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
10.40 **Bumblebee** *Transformers* prequel. (2018, PG) ★★★★
12.45 PM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
3.05 **Batman** Fantasy adventure. (1989, 15, 121min) ★★★★
5.25 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★

10.10 Transformers

8.00 **Twisters** Disaster drama sequel starring Daisy Edgar-Jones and Glen Powell. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. With Anthony Ramos and Brandon Perea. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

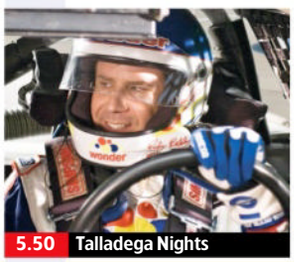
10.10 **Transformers** Sci-fi action adventure inspired by the shape-changing toys, starring Shia LaBeouf, Tyrese Gibson and Josh Duhamel. (2007, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Clash of the Titans** Fantasy adventure starring Sam Worthington, Gemma Arterton and Mads Mikkelsen. (2010, 12, 106min) ★★
2.45 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
5.00 **to 7.00** AM **xXx: Return of Xander Cage** Action thriller. (2016, 12, 107min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **Alfie** Comedy drama. (1966, 15, 114min) ★★★★
8.55 **Arthur** (1981, 15) ★★★★
10.35 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
12.10 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.10 **Big Daddy** (1999, 12) ★★★
3.50 **White Chicks** Slapstick comedy. (2004, 15, 109min) ★
5.50 **Talladega Nights: The Ballad of Ricky Bobby** Action comedy. (2006, 15, 108min) ★★★★


5.50 Talladega Nights

8.00 **Mean Machine** Sports drama starring Vinnie Jones. A football player is sent to prison after being convicted of assault and ends up coaching the prisoners' football team. (2001, 15, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Jackass Presents: Bad Grandpa** Slapstick road movie comedy starring Johnny Knoxville and Jackson Nicoll. A wayward 86-year-old man and his grandson embark on a chaotic cross-country trip. (2013, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
1.05 AM **Jackass: The Movie** Comedy. (2002, 18, 87min) ★
2.35 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.15 **Sky Cinema Preview**
5.15 **to 7.00** AM **Role Models** Comedy starring Paul Rudd. (2008, 15, 99min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Line** (2023, 15) ★★★
7.45 **The Hunt for Red October** Thriller. (1990, PG) ★★★★
10.05 **Split** Thriller. (2016, 15) ★★★
12.05 PM **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
2.15 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
4.05 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★★
6.10 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★

10.00 The Alto Knights

8.00 **The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Alto Knights** Fact-based drama starring Robert De Niro. Two rivals fight for control of a major crime family. (2024, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Sleepers** Fact-based drama starring Kevin Bacon. (1996, 18, 146min) ★★★
2.40 **Psycho** Horror remake with Vince Vaughn and Anne Heche. (1998, 15, 100min) ★
4.30 **to 6.05** AM **Rashomon** Japanese director Akira Kurosawa's drama with Toshiro Mifune. Subtitled. (1950, b/w, 12, 88min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **How Green Was My Valley** John Ford's drama. (1941, b/w, U, 118min) ★★★★
1.20 PM **Mary, Queen of Scots** Historical drama with Vanessa Redgrave and Glenda Jackson. (1971, 12, 128min) ★★
4.00 **Anzio** World War Two drama. (1967, PG, 117min) ★★★
6.25 **A Knight's Tale** Medieval romantic action comedy. (2001, PG, 132min) ★★★

6.25 A Knight's Tale

A Knight's Tale (film started at 6.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Ashton Sanders and Orson Bean. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.20 **The Straight Story** David Lynch's offbeat road movie starring Richard Farnsworth. A 73-year-old widower travels several hundered miles by lawn mower to visit his brother. (1999, U, 111min) ★★★★
1.35 **to 3.50** AM **Lynch/Oz** Documentary about David Lynch and *The Wizard of Oz*. (2022, 15, 108min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Blockbusters

302 302 402 502 516

6.35 AM **Shrek 2** As 4.50am.
8.10 **The Beekeeper** As 2.40am.
9.55 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
11.30 **Twister** As 12.45am.
1.25 PM **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★
3.30 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
5.40 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★

8.00 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. (2012, 12, 136min) ★★★
10.20 **The Amazing Spider-Man 2** Fantasy adventure sequel starring Andrew Garfield, Emma Stone and Jamie Foxx. (2014, 12, 142min) ★★★

12.45 AM **Twister** Disaster movie. (1996, PG, 114min) ★★★
2.40 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
4.30 **Cinema List: Family Favourites**
4.50 **to 6.25** AM **Shrek 2** Animated comedy adventure sequel. (2004, U, 93min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

7.10 AM **Hondo** Vintage Western. (1953, PG, 84min) ★★★★
8.35 **Empire of the Sun** Steven Spielberg's epic drama. (1987, PG, 152min) ★★★★
11.10 **Cool Hand Luke** Classic prison drama starring Paul Newman. (1967, 15, 126min) ★★★★★
1.20 PM **Legends of the Fall** Period drama starring Brad Pitt. (1994, 15, 133min) ★★★★

3.35 **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
5.45 **The Lost World: Jurassic Park** Monster adventure sequel. (1997, PG, 129min) ★★★
8.00 **Amadeus** Peter Shaffer's historical drama starring Tom Hulce and F Murray Abraham. (1984, PG, 158min) ★★★★★
10.40 **Little Women** Screen version of Louisa May Alcott's classic tale, starring Winona Ryder. (1994, U, 114min) ★★★

12.40 AM **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
2.50 **The Fisher King** Terry Gilliam's urban fable with Robin Williams. (1991, 15, 137min) ★★★★★
5.10 **to 7.20** AM **El Dorado** Classic Howard Hawks Western. (1966, PG, 126min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.15 AM **Batman Unlimited: Monster Mayhem** As 1.10am.
7.50 **The Canterville Ghost** (2023)
9.25 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
10.55 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
12.35 PM **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
2.15 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

4.00 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
5.40 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
7.40 **PREMIERE** **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
9.25 **Home** Animated comedy. (2014, U, 94min) ★★★
11.10 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
1.10 AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★

2.40 **The Canterville Ghost** Animation. (2023, PG) ★★
4.20 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
5.45 **to 7.10** AM **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U) ★★★

Movies 24

312 313 419

7.00 AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
9.00 **An American in Austen** Comedy. (2024, PG, 84min) ★★
11.00 **Return to Office** Romantic drama. (2025, PG, 84min) ★★
1.00 PM **Eat, Love, London** Romance starring Georgia May Foote. (2024, PG, 90min) ★★
3.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★

5.00 **Love's Greek to Me** Romantic drama starring Torrey DeVitto. (2023, PG, 90min) ★★
7.00 **Checkin' It Twice** Romantic drama starring Kim Matula. (2023, PG, 90min) ★★
9.00 **Haunted Wedding** Fantasy comedy starring Janel Parrish and Dominic Sherwood. The marriage of two ghost hunters at a haunted inn is disrupted by a spook who mistakes the groom for her dead fiancé. (2024, PG, 84min) ★★

11.00 **Retreat to You** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **The Royal Nanny** Comedy. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Lease on Love** Comedy. (2022, PG, 86min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 17/20. (S1)
6.30 **The Mysterious Mr Nicholson** Thriller. (1947, b/w, PG) ★★★
8.00 **Cause for Alarm** Thriller. (1951, b/w, PG, 74min) ★★★
9.30 **Double Confession** Crime drama starring Derek Farr. (1950, b/w, PG, 85min) ★★★
11.10 **Tom Brown's Schooldays** Adaptation of Thomas Hughes' novel. (1951, b/w, U, 95min) ★★★

1.00 PM **The History of Mr Polly** Comedy adapted from HG Wells' novel, starring John Mills. (1949, b/w, U, 95min) ★★★★
3.00 **Crown Court** Triple bill.
4.30 **Look at Life**
4.40 **What Every Woman Wants** Drama. (1954, b/w, PG) ★★★
6.25 **The Adventures of William Tell**
6.55 **The Brothers** 3/10. (S1)
8.00 **Mark Saber** 13/39. (S4)
8.30 **Tell Me Another**
9.05 **The Wheeltappers and Shunters Social Club**

9.55 **The Night of the Shooting Stars** Italian wartime drama. (1981, 12, 107min) ★★★★
12.05 AM **Cause Célèbre** Crime drama. (1987, 133min) ★★★
2.25 **Richard's Things** (1981, 12) ★★★
4.25 **Scotland Yard** 19/39. (S1)
5.00 **to 6.00** AM **Burke's Law**

THURSDAY Sport 15 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from events on the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open, and WTA Hobart Open.
7.30 **LIVE DP World Tour Golf** Coverage of the opening day of the Dubai Invitational staged at Dubai Creek Golf & Yacht Club. This is just the second edition of this competition after its inaugural event took place in 2024. That first tournament was won by Tommy Fleetwood who finished one stroke clear of nearest competitors Rory McIlroy and Thriston Lawrence.
12.30 PM **Transfer Talk**
1.00 **Lunchtime Live**
2.00 **Sports Desk**
3.30 **LIVE SA20 Pretoria Capitals v Paarl Royals.** Coverage of the match from SuperSport Park.
7.00 **LIVE PGA Tour Golf** Coverage of the opening day of the Sony Open at Waialae Country Club.
3.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Further coverage from Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** Memorable moments from the 2006/07 season.
3.00 **PL Retro** Crystal Palace v Liverpool in the 2013/14 season.
5.00 **The Premier League Show**
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **The Big Interview** An interview with a Premier League star of the past or present.
8.30 **Premier League Stories** A look behind the scenes of the Premier League.
9.00 **Transfer 360** Delving into the transfers of Alan Shearer.
9.30 Find out the inside story of Mikel Arteta's move to Rangers.
10.00 **The Big Interview**
10.30 **Premier League Stories**
11.00 **Premier League Years**
1.00 AM **PL Retro** A match replay.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2006/07**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Best SPFL Goals**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL** Best goals of 2017/18.
12.00 NOON **EFL Cup**
2.00 PM **EFL Highlights**
3.00 **EFL League One Goals**
3.30 **EFL League Two Goals**
4.00 **EFL Highlights** Championship.
4.30 **EFL Cup Highlights**
5.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **Bundesliga Highlights Show**
8.00 **SPFL Round-Up**
8.15 **SPFL Highlights**
8.30 **EFL Cup Highlights**
9.30 **EFL Highlights** Blackburn Rovers v Charlton Athletic at Ewood Park.
9.45 Bristol City v Preston North End staged at Ashton Gate.
10.00 **Bundesliga Weekly**
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **SPFL Greatest Games**
2.00 AM **SPFL Highlights**
2.45 **SPFL Greatest Games**
3.45 **SPFL Highlights**
5.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Melbourne Renegades v Perth Scorchers.** Coverage of the T20 match at Marvel Stadium. The hosts won this meeting last year in a tight affair that ended in the penultimate over of the game.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** HIghlights.
2.00 PM **Big Bash League**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Pretoria Capitals v Paarl Royals.** Coverage of the match from SuperSport Park.
7.00 **Big Bash League**
8.00 **WPL** Highlights from Mumbai Indians v UP Warriorz.
9.00 **SA20** Action from Pretoria Capitals v Paarl Royals.
10.00 **Big Bash League** Hobart Hurricanes v Brisbane Heat.
11.00 **ICC Under-19s World Cup**
2.00 AM **WPL** Highlights from Mumbai Indians v UP Warriorz.
3.00 **Big Bash League**
4.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Chronicles of a Champion Golfer** Profiles of leading players.
7.00 **Golf Highlights**
7.30 **LIVE DP World Tour Golf** Coverage of the first day of the Dubai Invitational at Dubai Creek Golf & Yacht Club. This is just the second edition of this competition after its inaugural event took place in 2024. That first tournament was won by Tommy Fleetwood who finished one stroke clear of nearest competitors Thriston Lawrence and Rory McIlroy, ending on 19-under-par.
12.30 PM **Roots** The rise of Paul Lawrie.
1.00 **Chronicles of a Champion Golfer** Profiles of leading players.
2.00 **TGL** Jupiter Links v New York.
4.00 **DP World Tour Golf**
5.00 **LIVE PGA Tour Golf** Coverage of the opening day of the Sony Open at Waialae Country Club.
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
10.00 **LIVE WTA & ATP Tennis** Day five of the Adelaide Open at Memorial Drive Tennis Centre.
12.00 NOON **WTA & ATP Tennis**
2.30 PM **WTA & ATP Tennis** Action from the WTA and ATP Tours.
10.30 **WTA Tennis** Auckland Open.
11.30 **ATP Tennis** ATP Finals.
11.45 **WTA Tennis** WTA Finals.
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **One-Day International Cricket** India v New Zealand.
7.00 **TNT Sports Reload**
7.30 **What I Wore** David Seaman.
8.00 **Premier League Stories**
8.30 **Sign Up – Into Football**
9.15 **Playing for Our Future**
9.30 **Ultimate Pool** Recent action.
11.00 **Snooker Masters**
1.00 PM **LIVE Snooker Masters** The opening quarter-final on the sixth day from Alexandra Palace. Eventual champion Shaun Murphy claimed a 6-2 victory over 2012 and 2022 title-winner Neil Robertson at this stage last year.
4.30 **What I Wore** Mikel John Obi.
5.00 **Isuzu UTE A-League Highlights**
5.30 **Premier League Stories**
6.00 **Premier League: Big Interview**
6.30 **TNT Sports Cricket Reload**
7.00 **LIVE Women's FA Cup** Coverage of a fourth-round game.
10.00 **The Match That Changed Tennis**
11.00 **Classic Premier League**
1.00 AM **Women's FA Cup**
2.00 **Serie A** Como v AC Milan.
3.00 **ABB FIA Formula E World Championship Highlights**
4.00 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 2

411 414 522 409 431

6.00 AM **Snooker Masters**
8.00 **Fishing: On the Bank**
9.00 **UEFA Champions League – Classics** Archive highlights.
11.30 **The Breakdown**
12.00 NOON **Longines FEI Jumping World Cup** From Basel.
1.00 PM **LIVE Snooker Masters** Coverage of the opening quarter-final on day six at Alexandra Palace in London, played over the best of 11 frames.
4.30 **Ultimate Pool** Action from Group Two of the Champions League.
6.00 **UEFA Champions League – Classics** Arsenal v Bayer Leverkusen from 2001/02.
6.30 **TNT Sports Reload**
7.00 **LIVE Snooker Masters** Coverage of the second quarter-final on the sixth day held at Alexandra Palace in London, played over the best of 11 frames.
10.30 **One-Day International Cricket** Highlights of India v New Zealand.
11.30 **Isuzu UTE A-League**
5.30 AM **TNT Sports Cricket Reload**
5.45 **to 7.45** AM **LIVE A-League Women Melbourne City v Newcastle Jets.** Coverage from AAMI Park. Kick-off **5.50am**.

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
5.00 **NFL Bitesize Highlights** Action from the fifth Wild Card play-off match.
5.15 Highlights from the first Wild Card play-off match.
5.30 Action from the sixth Wild Card play-off match.
5.45 Highlights from the fourth Wild Card play-off match.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Gameday** A review of all of the latest games from the season.
8.45 **NFL Bitesize Highlights** Brief highlights from the fourth Wild Card play-off match.
9.00 **NFL Highlights** Action from the second Wild Card play-off match.
10.00 Action from the third Wild Card play-off match.
11.00 Highlights from the fourth Wild Card play-off match.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Bitesize Highlights**
2.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.
10.00 **LIVE WTA & ATP Tennis** Coverage of the fifth day of the Adelaide Open, the joint ATP 250 and WTA 500 event staged at Memorial Drive Tennis Centre.
12.00 NOON **Transfer Talk** Discussion of the latest transfer news.
1.00 PM **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
1.50 **LIVE WPL Mumbai Indians v UP Warriorz.** Coverage of the women's T20 match staged at DY Patil Stadium in Navi Mumbai.
5.30 **The Premier League Show** A daily guide to the top flight.
7.00 **Sky Sports News** With analysis, comment and interviews.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Further coverage from the WTA and ATP Tours, including the WTA & ATP Adelaide Open, ATP Auckland Open and WTA Hobart Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
7.00 **Best of England v South Africa**
7.15 **LIVE ICC Under-19s World Cup Cricket India v USA.** Coverage of the Group A match staged at Queens Sports Club in Bulawayo, Zimbabwe.
3.00 PM **Best of England v South Africa** Highlights from 2011.
3.15 **Best of ICC WT20**
3.30 **NFL Bitesize Highlights**
4.00 **SA20** Recent action.
5.00 **Big Bash League**
6.00 **NFL Highlights**
7.00 **WTA Tennis** Brisbane Open final.
8.00 **DP World Tour Golf**
9.00 **Big Bash League** Melbourne Renegades v Perth Scorchers.
10.00 **NFL Highlights**
11.00 **ATP Tennis** Brisbane Open final.
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM **Isuzu UTE A-League**
12.00 NOON **LIVE Ski Mountaineering World Cup** Coverage of the sprint event from Courchevel in France.
1.00 PM **TNT Sports Reload**
1.15 **LIVE Biathlon** The men's relay from Ruhpolding in Germany.
2.45 **Sign Up – Into Football**
3.30 **One-Day International Cricket**
4.30 **ABB FIA Formula E World Championship Highlights**
5.30 **Formula E Flashback**
6.30 **Rylan: Homophobia, Football and Me** Documentary.
7.30 **LIVE Serie A Como v AC Milan.** Coverage of the Italian top-flight match staged at Stadio Giuseppe Sinigaglia. Kick-off **7.45pm**.
9.45 **UEFA Champions League – Classics** Archive action.
12.15 AM **What I Wore**
12.30 **Ultimate Pool** Recent action.
2.00 **Snooker Masters**
4.00 **to 6.00** AM **WRC Review**

TNT Sports 4

414 416 524 411 434

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **Adobe Women's FA Cup**
11.00 **The Emirates FA Cup**
1.00 PM **The Emirates FA Cup** Third round highlights, featuring West Ham United v Queens Park Rangers, Liverpool v Barnsley, Portsmouth v Arsenal and Derby County v Leeds United.
7.00 **UEFA Champions League – Classics** Arsenal v Manchester United from 2008/09.
7.30 **Lomu: The Lost Tapes**
9.00 **Dakar Rally Saudi Arabia** Stage 11, from Bisha to Al Henakiyah.
10.00 **UFC Reloaded** A look back at UFC 208 from February 2017 in New York, featuring the enthralling headline bout between Germaine de Randamie and Holly Holm.
12.30 AM **UFC Reloaded**
4.45 **UFC Fight Flashback**
5.15 **What I Wore** David Seaman.
5.45 **to 6.00** AM **Playing for Our Future – Rugby**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **LaLiga** A match replay.
9.00 **Champions Cup Highlights**
10.00 **SPFL** Falkirk v Celtic.
12.00 NOON **LaLiga Match Highlights**
12.30 PM **Eredivisie Highlights**
1.30 **Sporting Countdowns**
2.00 **NHL on the Fly**
3.00 **LaLiga Match Highlights**
4.00 **Swedish Hockey League**
5.55 **LIVE Swedish Hockey League Djurgarden v Vaxjo.** Coverage of the match from Hovet, Stockholm. Face-off **6.00pm**.
8.30 **Sporting Countdowns**
9.00 **World of FreeSports**
9.30 **SPFL** Falkirk v Celtic.
11.30 **Sporting Greats**
12.30 AM **NHL Ice Hockey**
2.30 **LIVE NHL Ice Hockey Vegas Golden Knights v Toronto Maple Leafs.** Coverage of the inter-conference match from T-Mobile Arena. Face-off **2.30am**.
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Champions Cup** Bordeaux Begles v Northampton Saints.
8.00 **Challenge Cup** A chance to see Newcastle Red Bulls v USAP.
10.00 **NHL Ice Hockey** A replay of New Jersey Devils v Seattle Kraken.
12.00 NOON **Temples of Sport**
1.00 PM **Challenge Cup** A chance to see Cardiff Rugby v Racing 92.
3.00 Another chance to see Sale Sharks v Sharks.
5.00 **FastZone** Motorsports highlights.
5.30 **LaLiga** A match replay.
7.30 **Champions Cup** Scarlets v Pau.
9.30 **Bike World** Magazine.
10.00 **NHL Ice Hockey** A replay of New Jersey Devils v Seattle Kraken.
12.00 M'T **LIVE NHL Ice Hockey Washington Capitals v San Jose Sharks.** Coverage of the inter-conference match from Capital One Arena. Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **Eredivisie**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Jochen Rindt: Uncrowned Champion**
9.00 **Willy T. Ribbs Motorsport's Black Pioneer**
10.00 **F1 Academy Highlights**
11.00 **Formula 1** Miami Grand Prix.
2.05 PM **Ted's Notebook**
2.35 **F1 Explained**
2.55 **Ted Lego Feature**
3.00 **Formula 1** The Miami Grand Prix at Miami International Autodrome.
7.50 **Ted's Notebook**
8.20 **Cadillac Feature**
8.30 **Ted Drives: Part 1 – Training**
9.00 **Formula 1** Action from 2025.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

16 January

Evening Planner

Travelogue

Monty Don's Rhineland Gardens

BBC2, 8pm (box set, BBC iPlayer)

Monty takes a trip along the river Rhine, stopping on the way at an alpine garden.

Documentary

David Baddiel: Cat Man

C4, 8pm

The writer and comedian argues the case for cats, who are in his opinion, severely underrepresented compared to dogs.

Entertainment

Taskmasterclass

C4, 10pm

Greg Davies and his minion Alex Horne analyse past tasks, including Romesh Ranganathan's 'Tree Wizard' task.

OnDemand

NETFLIX

The Rip

Available today

Matt Damon (right) and Ben Affleck star as Miami cops facing a moral dilemma when they unearth a huge cash stash.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Would I Lie to...	8.00 The Traitors		9.00 The Traitors...	9.30 Amanda &...	10.00 News; Local News	10.40 Graham...
	102 BBC2	7.00 Snooker: The Masters – Live		8.00 Monty Don's Rhineland Gardens		9.00 Mystery Road: Origin		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 Beat the Chasers		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 David Baddiel: Cat Man		9.00 8 Out of 10 Cats Does Countdown		10.00 Taskmasterclass	
	105 5	7.00 The Dorchester Park Lane: A Luxury...		8.00 Tom Read Wilson's Magnificent Journey		9.00 Jane McDonald: From Pole to Pole		10.00 Holidaying in the 70s: Wish You Were...	
	106 SKY SHOWCASE	7.05 The Simpsons		8.00 A League of Their Own: Mexican Road...		9.00 Never Mind the Buzzcocks		10.00 Rob & Romesh vs Team GB: Winter...	
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Waterloo Road				9.30 Film: The Hunger Games: Mockingjay – Part 1		
	116 BBC4	7.00 TOTP: 1999		8.00 Snooker: The Masters – Live: The fourth quarter-final				10.00 TOTP: 1986	10.30 TOTP: 1997
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 The World's Biggest Cruise Ship		9.00 Gogglebox		10.00 Film: Prey	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 House of the Dragon			10.20 Deadwood
	110 U&GOLD	‹ 6.50 Porridge	7.30 Dad's Army...	8.00 Blackadder Goes Forth				10.00 Men Behaving...	10.30 Blackadder...
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Foyle's War	
	120 ITV4	‹ 4.00 World Series of Darts – Live		8.00 Ice Road Truckers				10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Out of Order	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX	7.10 Stargate SG-1			8.15 Never Mind the Buzzcocks	9.00 An Idiot Abroad		10.00 Rob & Romesh vs Team GB: Winter...	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 I, Jack Wright	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Luther: Never Too Much			
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush		9.00 Expedition Files		10.00 Animals on Drugs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Costa Concordia Disaster: One Year On	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 The Sound and the Fury			
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 David Frost Vs		8.00 Murder at the Post Office		9.00 Film: JFK Revisited: Through the Looking Glass			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Smurfs		8.00 The Ballad of Wallis Island			9.45 Sinners		
	302 FEEL GOOD	‹ 6.40 13 Going on 30			8.20 Miss Congeniality			10.15 Miss Congeniality 2...	
	303 TRANSFORMERS	7.05 Bumblebee				9.00 Transformers			
	304 GREATS	‹ 5.50 The Bodyguard		8.00 Alfie			9.55 Shirley Valentine		
	305 ANIMATION	‹ 6.00 The Adventures of Tintin: The Secret...		8.00 Bee Movie			9.40 The Boss Baby		
	306 FAMILY	‹ 6.00 Lemony Snicket's A Series of...		8.00 The Wizard of Oz			9.50 Grow		
	307 ACTION	‹ 5.55 Godzilla x Kong: The New Empire		8.00 Transformers				10.35 Wonder...	
	308 COMEDY	‹ 6.00 How to Lose a Guy in 10 Days		8.00 Sleepless in Seattle			9.50 Two Weeks Notice		
	309 THRILLER	‹ 6.20 Black Bag		8.00 The Bourne Supremacy			9.55 Layer Cake		
	310 DRAMA	‹ 6.25 Jungleland		8.00 Empire of the Sun					
	311 SCI-FI	‹ 6.05 I Am Legend		8.00 The Shining				10.25 Mickey 17	
	313 FILM4	‹ 6.55 The Adjustment Bureau				9.00 The Great Wall			
SPORT	401 MAIN EVENT	7.00 The Transfer...	7.30 EFL – Live: West Bromwich Albion v Middlesbrough (Kick-off 8.00)						10.30 PGA Tour Golf
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 PL Preview	8.30 Fantasy Show	9.00 Big Interview	9.30 PL Stories	10.00 PL Preview	10.30 Fantasy Show
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: West Bromwich Albion v Middlesbrough (Kick-off 8.00)						10.30 EFL Cup...
	405 CRICKET	7.00 Big Bash League		8.00 WPL		9.00 SA20		10.00 Big Bash League	
	410 TNT SPORTS 1	7.00 Adobe Women's FA Cup – Live: Coverage of a fourth-round tie						10.00 UEFA Magazine	10.30 PL Preview
	411 TNT SPORTS 2	7.00 Snooker Masters – Live: The fourth quarter-final							10.30 Reload

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** New edition A major hotel fire. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Hole in My Heart:* 2/10. A rock 'n' roll act brings murder to Kembleford. (S13) (S)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition A couple from Glasgow declutter their home. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 Amanda & Alan's Greek Job

7 PM

7.00 **The One Show** JB Gill and Clara Amfo present the topical show. (S)
7.30 **Would I Lie to You?** New edition Guest panellists Meera Syal, Henning Wehn, Martine McCutcheon and Gary Wilmot join the regulars. (S)

8 PM

8.00 **The Traitors** New edition 9/12. The traitors' latest gameplay makes the faithful more determined than ever to uncover their identity, and the mission puts the traitors under intense pressure. (S)(AD)

9 PM

9.00 **The Traitors: Uncloaked** New edition With comedian Chris Ramsey and series three faithful Kas. (S)(AD)
9.30 **Amanda & Alan's Greek Job** New edition 3/8. Designing a children's bedroom. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition The host is joined by Martin Freeman, who talks about *Agatha Christie's Seven Dials,* and Erin Doherty, who discusses the new series of *A Thousand Blows*. Plus, singer-songwriter Olivia Dean performs *So Easy (to Fall in Love)*. (S)
11.30 **FILM The Blackening** Horror comedy starring Grace Byers and Jermaine Fowler. Seven friends go away for the weekend and end up trapped in a cabin with a killer who has a vendetta. (S) (2022, 15, 90min) ★★★★
1.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **I Escaped to the Country** (R)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: Digging for Britain** (R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **LIVE Snooker: The Masters** Hazel Irvine presents coverage of the third quarter-final on day six from Alexandra Palace, London. (S)
5.15 **Flog It!** Paul Martin hosts from Ickworth House in Suffolk. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Hammed Animashaun, Adam Buxton, Lisa Snowdon and Lorna Watson. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson, his brother David and uncle Matheson head to the Scottish Highlands to take a pack-horse camping trip. (S)(AD)

6.30 Robson Green's Weekend...

7 PM

7.00 **LIVE Snooker: The Masters** Seema Jaswal presents coverage of the fourth and concluding quarter-final on day six at Alexandra Palace in London. (S)
■ Coverage continues on BBC4

8 PM

8.00 **NEW SERIES Monty Don's Rhineland Gardens** 1/3. Monty travels across Europe along the Rhine, uncovering links between four countries, their culture and their history through their gardens. (S)(AD)
■ Entire series on BBC iPlayer

9 PM

9.00 **Mystery Road: Origin** New episode 2/6. Jay refuses to write off a suspicious death, while Mary does some sleuthing of her own. (S2) (S)(AD)
9.55 **Saving Lives at Sea** A crew carry out a dramatic rescue of a fisherman. (S)(R)

10 PM

10.00 **QI** Chris McCausland, Zoe Lyons, Ed Byrne and Alan Davies join Sandi Toksvig for a wet and windy edition of the quiz. (S)(R)
10.30 **Newsnight** (S)
11.00 **FILM PREMIERE Lollipop** Drama starring Posy Sterling. A young woman recently released from prison struggles to regain custody of her children. With Idil Ahmed. (S) (2024, 15, 95min) ★★★
12.35 AM **Snooker: The Masters – Extra** Extended highlights of the third quarter-final. (S)
2.35 **Sign Zone: Panorama** (S)(R)
3.05 **Sign Zone: Lucy Worsley's Victorian Murder Club** (S)(R)(AD)
4.05 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
4.35 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team are in Port Sunlight, where some posh dining accessories go up for sale. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Felix takes on the Banker for the chance to win a life-changing prize. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7 PM

7.30 **Millionaire Hot Seat** New edition Quiz show hosted by Jeremy Clarkson in which six new contestants race against the clock, answering questions as they attempt to climb the Money Ladder. (S)

8 PM

8.00 **Emmerdale** Jai becomes the subject of conversation, and April is consoled by her family. (S)
8.30 **Coronation Street** Leanne and Eva encounter a tearful Megan, while Debbie's situation upsets Ronnie. (S)(AD)

9 PM

9.00 **Beat the Chasers** Bradley Walsh hosts as five new contestants take on the Sinnerman, the Beast, the Governess, the Menace, the Vixen and the Dark Destroyer, – arguably the greatest quiz team in the world. (S)(R)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Hot Fuzz** Cop thriller spoof starring Simon Pegg and Nick Frost. An overachieving London police officer is transferred to a sleepy rural town and investigates a string of bizarre murders. (S) (AD) (2007, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Millionaire Hot Seat** (S)(R)
1.05 **Teleshopping**
3.00 **Tour de Fred: Ireland – Part Deux** 2/5. Fred Sirieix cycles around Co Waterford, taking on the Comeragh Mountains as far as the Mahon Falls. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 4-6/25. (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 19-22/24. (S8) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Racheal and Jay get started on building log cabins. (S)
5.00 **Junior Bake Off** New edition It's Pastry Day and in their last chance to win a place in Finals Week, the young bakers create their own 'Dream Team Religieuse.' (S)(AD)
6.00 **A Place in the Sun** New edition Lee Juggurnauth helps a couple to find a property on the northern Costa Blanca in Spain. (S)

9.00 8 Out of 10 Cats Does...

7 PM

7.00 **News** (S)

8 PM

8.00 **NEW SERIES David Baddiel: Cat Man** 1/3. The comedian embarks on a journey to meet extraordinary cats and their owners, exploring how felines have worked their way into the hearts of millions. *See feature, page 20.* (S)(AD)

9 PM

9.00 **NEW SERIES 8 Out of 10 Cats Does Countdown** Jimmy Carr hosts the comedy words-and-numbers quiz, with Jon Richardson and Judi Love taking on Katherine Parkinson and Rob Beckett. Spencer Jones guests in Dictionary Corner. (S)

10 PM

10.00 **NEW Taskmasterclass** Greg Davies and Alex Horne examine the state of comedy in modern-day Britain by looking at some of the most loved moments from *Taskmaster*. Featuring Mel Giedroyc, John Kearns, Liza Tarbuck and Romesh Ranganathan. (S)(AD)
11.05 **FILM Central Intelligence** Action comedy starring Dwayne Johnson, Kevin Hart and Amy Ryan. (S) (2016, 12, 120min) ★★★
1.05 AM **FILM Good Boys** Comedy starring Jacob Tremblay. (S)(AD) (2019, 15, 90min) ★★★
2.35 **Ramsay's Kitchen Nightmares USA** Gordon heads to La Verne in southern California. (S)(SL)(R)
3.25 **Find It, Fix It, Flog It** (S)(R)
3.45 **to 6.00** AM **Four in a Bed** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 5/7. Jean has friends from England visiting Sainte Victoire, but they are plagued by problems. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Singer Nikki G prepares for an emotionally charged performance. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Kym Marsh and Richard Arnold explore exciting holiday destinations. (S)(R)
6.55 **News** (S)

8.00 Magnificent Journey

7.00 **The Dorchester Park Lane: A Luxury Hotel** The history of the hotel in London, which has hosted The Beatles, Elizabeth Taylor and Peter Sellers. (S)(R)
7.55 **News** (S)

8.00 **Tom Read Wilson's Magnificent Journey** Series finale 3/3. Tom embarks on a scenic journey through Tuscany in a vintage Lancia, arriving in Florence, where he views Michelangelo's *David*. (S)

9.00 **Jane McDonald: From Pole to Pole** New edition 3/6. On the first South American leg of Jane's journey, she tours Montevideo to learn about its colonial past, and travels to a Maldonado vineyard. (S)

10.00 **Holidaying in the 70s: Wish You Were Here!** The rise of package holidays in the 1970s, discovering how Brits swapped domestic trips for a spot of fun in the Mediterranean sun. (S)(R)

11.30 NEW SERIES **Piers Morgan: Uncensored** Highlights from the presenter's YouTube show. (S)
1.00 AM **PlayOJO Live Casino Show**
3.00 **World's Most Scenic Railway Journeys** From France. (S)(R)
3.50 **Susan Calman's Grand Week by the Sea** (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Coral City** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 19/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *The Many Saints of Springfield:* Ned Flanders falls on hard times. (S)(R) **5.30** *One Angry Lisa:* Lisa gets called up for jury duty. (S)(R)
6.00 **The Office (US)** 15/25. Erin decides that she is going to break up with Andy. (S)(R) **6.25** 16/25. Pam has an interview in Philadelphia – but her prospective boss reminds her of Michael Scott. (S9) (S)(R)

4.00 NCIS: Los Angeles

7.05 **The Simpsons** *Carl Carlson Rides Again:* Carl discovers the origins of a strange rodeo buckle. (S)(R) **7.30** *Bartless:* Marge and Homer dream of a world in which Bart was not their son after he causes chaos. (S)(R)

8.00 **A League of Their Own: Mexican Road Trip** 1/6. Jamie Redknapp, Mo Gilligan, Jill Scott, Micah Richards and Maisie Adam set out on an adventure around Mexico. (S)(R)(AD)

9.00 **Never Mind the Buzzcocks** Comedy music quiz hosted by Greg Davies, with Mel Blatt, Betty Boo, Tom Davis, Keith Duffy and Shane Lynch joining team captain Noel Fielding and regular panellist Jamali Maddix. (S)(R)(AD)

10.00 **Rob & Romesh vs Team GB: Winter Special** 1/2. The duo try their hands at winter sports, with help from Eddie 'the Eagle' Edwards and 2022 Olympic curling champion Eve Muirhead. (R)

11.00 **Sex and the City** 7/18. Charlotte falls into the arms of an eligible doctor. (S)(R) **11.40** 8/18. Samantha fears she is going through the menopause. (S3) (S)(R)
12.20 AM **The Force: Manchester** (R)
1.15 **Brit Cops: Rapid Response** (R)
3.00 **S.W.A.T.** 19/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30pm Sportscene: Scottish Cup Highlights (S) **12.00m't** FILM The Blackening (S) (2022, 15, 90min) ★★★★ **1.30am** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30-8.00pm Farm 999 New edition (S) **10.40** Would I Lie to You? New edition (S) **11.10** The Graham Norton Show New edition (S) **12.00m't** FILM The Blackening: As Scotland. **1.35-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Vanished Wales New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cwpwrdd Epic Chris **12.30** Heno **1.00** Cymry ar Gynfas **1.25** Y Cyfweliad **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Adeiladu'r Freuddwyd: Camp Out West **6.30** Y Deis **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **7.50** LIVE Clwb Rygbi: Dragons v Newcastle. **10.05** Priodas Pum Mil **11.05-11.40pm** Antur Itera Tim Lowri Morgan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Spongebob gets a pet translation collar for Gary. **7.15** A small clown gets left behind by the circus.
7.30 **Waterloo Road** 3/8. Donte falls victim to Izzy's rage when her emotions boil over.
8.30 **Waterloo Road** 4/8. Shola notices a change in Portia and suspects she has a new crush. (S17)
9.30 FILM **The Hunger Games: Mockingjay – Part One** Sci-fi adventure sequel starring Jennifer Lawrence. Katniss Everdeen becomes the figurehead of a revolution against the despotic Panem regime. (2014, 12, 123min) ★★★★
11.20 FILM **The Hunger Games: Mockingjay – Part Two** Sci-fi adventure sequel. (2015, 12, 137min) ★★★★
1.25 AM **Top Gear USA East Coast Special**
2.35 **Top Gear Vietnam Special**
3.45 **to 4.00** AM **Press X on the BBC**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** Properties in Hampshire and Valencia.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a tatty Mk.1 Toyota MR2.
6.55 **Car S.O.S** Fuzz and Tim go on a trip to Cambridgeshire to pick up their very first supercar – a rare 1989 Ultima Mk.3 race car.
7.55 **The Dog House** Londoners Roshni and Jay meet two very different dogs – Bella the playful Staffie and Cech the cuddly terrier. Funeral workers Amy and Alex want to rescue a dog in need.
9.00 **24 Hours in A&E** Patients whose visions of the world are rocked by life-changing events, including a 44-year-old man flown in by air ambulance after a cycling accident.
10.00 **24 Hours in A&E** A 66-year-old woman is rushed to St George's struggling to breathe through her tracheostomy.
11.05 **999: On the Front Line** A 19-year-old man falls from a horse in Warwickshire.
12.10 AM **The Gulf** 3/8. (S2)
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Featuring Bryan Adams and Melanie C, Garbage, Inner City, The Divine Comedy and Leilani. **7.30** Music from M People, A+, Mansun, Mirrorball, Soulsearcher, Tayana Ali, Blondie and Precious.
8.00 LIVE **Snooker: The Masters** Coverage of the fourth and concluding quarter-final on day six at Alexandra Palace in London.
10.00 **TOTP: 1986** Music from Fine Young Cannibals, Dire Straits, A-ha, Mr Mister, Pet Shop Boys, and Cherrelle and Alexander O'Neal.
10.30 **TOTP: 1997** Performances by Kenickie, Kavana, Tori Amos, Runrig, Orbital, Terrorvision and Spice Girls.
11.00 **Bowie at the BBC** Archive clips offering an overview of David Bowie's career.
12.00 M'T **David Bowie at the BBC Radio Theatre**
1.00 AM **David Bowie: Finding Fame** Documentary.
2.30 **TOTP: 1999** Double bill.
3.30 **to 4.00** AM **TOTP: 1986**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill of the animated comedy.
7.00 **The Simpsons** *Women in Shorts:* The women of Springfield are featured in a series of short stories. **7.30** *Rednecks and Broomsticks:* Lisa is invited to join a Wiccan coven.
8.00 **The World's Biggest Cruise Ship** The launch of cruise ship *Icon of the Seas*.
9.00 **Gogglebox** Omnibus edition of the two-part Stand Up to Cancer special.
10.00 FILM **Prey** Sci-fi thriller starring Amber Midthunder and Dakota Beavers. (2022, 15, 100min) ★★★★
11.55 **Naked Attraction**
1.00 AM **Gogglebox: Celebrity Special for SU2C**
2.00 **The World's Biggest Cruise Ship** As 8.00pm.
3.00 **Naked Attraction**
3.55 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

primetime

primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

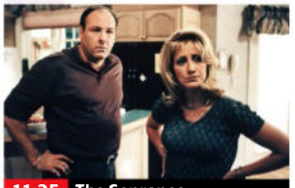
6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 15/22. (S4)
1.00 PM **The Rookie** 15/22. Officer Harper puts Officer Aaron through a plain clothes exercise. (S4)
2.00 **Send in the Dogs**
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

11.00 The Rookie

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **Richard E Grant's Hotel Secrets** Exploring Berlin.
8.00 **Boardwalk Empire** (S2)
10.20 **The Sopranos** 6&7/13. (S2)
12.30 PM **Game of Thrones** (S2)
2.50 **The Wire** 6/12. (S2)
4.00 **Westworld** 10/10. Last episode of the sci-fi drama. (S1)
5.35 **Deadwood** 10/12. A shipment of opium is stolen. (S1)
6.45 **Game of Thrones** 9/10. Tyrion defends King's Landing against Stannis Baratheon's naval assault. (S2)



11.25 The Sopranos

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 9/20. (S8)
9.00 **Stargate SG-1** 5&6/22. (S6)
11.00 **SEAL Team** 8/10. (S6)
12.00 NOON **The Flash** 10/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 19/21. (S3)
4.00 **NCIS: Los Angeles** (S13)
5.00 **SEAL Team** 7/10. Team Bravo get the chance to take care of unfinished business. (S6)
6.05 **Stargate SG-1** 5/22. Carter, Teal'c and Jonas are sent to a seemingly sleepy seaside town to search for a scientist. (S6)

8.15 Never Mind the Buzzcocks

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.35 **Olivia Meets Her Match**
9.30 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase** With *Countdown*'s Rachel Riley.

10.05 Family Guy

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *The French Drop:* Foyle is drawn into the world of espionage.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Blood Brothers:* David helps his friend run away, and Lord Ashfordly's dog attacks the window cleaner.

8.00 Doc Martin

7 PM

7.00 Police 24/7 A K-9 unit helps lead a manhunt, a suspicious vehicle is searched, and a felony level of MDMA is found.

7.45 Game of Thrones *Valar Morghulis:* 10/10. Theon Greyjoy stirs his men into action, Daenerys enters the mysterious House of the Undying, while Jon proves his worth to Qhorin Halfhand. (S2)

7.10 Stargate SG-1 *Abyss:* 6/22. Colonel O'Neill is captured by the Goa'uld and tortured to the brink of death. (S6)

7.00 Deal or No Deal Stephen Mulhern hosts as Nicole takes on the Banker for the chance to win a life-changing cash prize.

6.55 Heartbeat *Burden of Proof:* Blaketon's meddling in the extra-marital affairs of a coal merchant come back to haunt him.

8 PM

8.00 Law & Order: Criminal Intent *Endgame:* 21/22. Goren and Eames find a scrapbook belonging to a serial killer on death row.

8.15 Never Mind the Buzzcocks With guests Joy Crookes, Serge Pizzorno and Tom Davis.

8.00 The Real Housewives of Orange County Shannon's lawsuit takes a turn in the aftermath of the video news.

8.00 Doc Martin *Sh*t Happens:* 3/6. A stomach bug sweeps through Portwenn and the doctor blames the local water supply.

9 PM

9.00 Law & Order: Criminal Intent *Renewal:* 22/22. A police recruit is found dead and his girlfriend becomes a suspect. (S6)

9.00 House of the Dragon *The Queen Who Ever Was:* 8/8. As Aemond becomes more volatile, Rhaenyra looks to press home her advantage. (S2)

9.00 An Idiot Abroad 2/8. Karl Pilkington arrives in India, where he attends a spring festival in which people throw dye at one another.

9.00 Love Island: All Stars New edition Former Islanders get another shot, and only one pair can be crowned winners.

9.00 Doc Martin *The Portwenn Effect:* 4/6. Louisa tries to help one of her pupils, and Mark seeks romantic advice. (S1)

10 PM

10.00 Matlock *Another Matlock:* 2/16. The team guard a witness as Matty and Olympia clash over the Wellbrexa document. (S2)
11.00 **The Rookie** 8/14. (S3)
12.00 M'T **FBI** 15/22. (S4)
1.00 AM **Law & Order: Criminal...**
2.00 **Law & Order: Organized Crime** 7/13. (S4)
3.00 **The Good Doctor** 8/18. (S5)
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Send in the Dogs**

10.20 Deadwood 10/12. A Chinese immigrant informs Swearengen that his shipment of opium has been stolen. (S1)
11.25 The Sopranos 7/13. Tony gives Christopher an ultimatum. **12.30** AM 8/13. Carmela uses her Mafia connections. **1.35** 9/13. Carmela confronts Tony about his infidelity. (S2)
2.40 **Game of Thrones** (S3)
5.00 **to 6.00** AM **The Guest Wing**

10.00 Rob & Romesh vs Team GB: Winter Special 5/6. Part one of two. The comedians try their hands at winter sports.
11.00 **Fear the Walking Dead** 10/15. Travis struggles to connect with Chris while searching for shelter. (S2)
12.00 M'T **The Force: Manchester**
1.00 AM **Brit Cops: Rapid Response** Double bill.
3.00 **S.W.A.T.** 19/21. (S3)
4.00 **NCIS: Los Angeles** 7/22. (S13)
5.00 **to 6.00** AM **Highway Patrol**

10.05 Family Guy 2/20. Brian and Lois try to help Chris. **10.35** 12/20. Lois's allergy forces Brian to move into Stewie's bedroom. (S15)
11.05 **Family Guy** 20/21. Cleveland and Peter are not allowed to spend time together. (S12)
11.35 **American Dad!** 8&5/22. (S13)
12.35 AM **Bob's Burgers** (S12)
1.35 **Olivia Attwood's Bad Boyfriends**
2.30 **to 3.00** AM **Unwind with ITV**

10.00 Foyle's War *Enemy Fire:* The detective hunts for the guilty party when murder takes place at a hospital, but the case turns personal when his son becomes a suspect.
11.55 **Trial & Retribution** 2/2. Two further bodies and a skeleton are found at the former boarding house, and Walker isn't convinced by an alibi. (S5)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Our Lives: The Journey to Scotland's Remotest Pub** Two friends take on a journey to Scotland's remotest public house.
8.00 **Icons of Football** The story of Charlie Nicholas. **8.30** The life and career of Paul Sturrock.
9.00 **Hercules the Bear: A Love Story** The story of a Scottish couple who raised a grizzly bear.
10.00 **Still Game** 6/7. Jack and Victor set out to help Pete the Jakey. (S6)
10.30 **Two Doors Down** 2/6. The aftermath of a row with Sophie sees Christine staying with Eric and Beth. (S1)
11.00 PM **to 12.00** M'T **Karen Dunbar Live from Ayr** The comedian performs a stand-up show in her home town.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 7&8/10. (S2)
10.15 **Sex and the City** (S6)
11.25 **Entourage** 1&2/8. (S1)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 9&10/10. (S2)
4.00 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S4)
6.45 **Community** (S1)
7.45 **Sex and the City** 11/20. Charlotte turns to oriental mysticism in a bid to get pregnant. **8.20** 12/20. Carrie meets famous artist Aleksandr Petrovsky. (S6)
9.00 **Chris Rock: Bigger & Blacker** Stand-up show.
10.15 **And Just Like That...** 10/10. Carrie hopes to find closure. (S1)
11.00 **Community** (S1)
12.00 M'T **Entourage** (S1)
1.10 AM **Ballers** (S2)
2.20 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the Unexpected**
2.00 **Julie Andrews Forever**
3.00 **Skinner & Mina's Literary Road Trip: Pope & Swift**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Music from 1983.
9.00 **Luther: Never Too Much**
11.00 **Luther Vandross at the Royal Albert Hall**
12.50 AM **Pet Shop Boys: Dreamworld**
3.10 **Greatest Albums Live**
4.35 **Inside Art**
5.00 **to 6.00** AM **National Treasures: The Art of Collecting**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 14/26. (S6)
8.00 **Star Trek: Deep Space Nine** 12/26. (S7)
9.00 **Forensics: Catching the Killer** A murderer caught by bite marks in a block of cheese. **10.00** A man insists his missing parents are on holiday.
11.00 **Grimm** 15/22. (S4)
12.00 M'T **Wynonna Earp**
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five family members from Stoke take part in the quiz.
3.00 **In with a Shout** The Trupia-Melluish family takes on the Murrays.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow: Celebrity Special** An updated version of *Play Your Cards Right,* with Clare Balding, Russell Kane, Mo Farah and Jimi Mistry.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **A Place in the Sun**
7.50 **The Great Pottery Throw Down**
9.00 **24 Hours in Police Custody: The Secret Network** Following Bedfordshire Police's covert investigation into EncroChat.
10.00 **Gogglebox** Opinions on *Britain's Got Talent* and *Celebrity Hunted.*
11.05 **8 Out of 10 Cats Does Countdown**
12.05 AM **Taskmasterclass**
1.10 **The Big Fat Quiz of Telly** With Harry Hill.
3.10 **to 5.05** AM **First Dates Beach Club**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Minder**
9.05 **Magnum, PI**
10.10 **Kojak**
11.15 **Boon**
12.20 PM **The Professionals**
1.30 **LIVE Racing** Coverage of meetings from Windsor, Newcastle and Market Rasen.
4.00 **LIVE World Series of Darts** Coverage of day two of the Bahrain Masters staged at Bahrain International Circuit in Sakhir, featuring the quarter-finals, semi-finals and final.

9.05 Magnum, PI

LIVE World Series of Darts (started at 4.00pm)

8.00 **Ice Road Truckers** After two days' trucking, Drew finds work as a forklift driver, while Rick suffers a mishap on the ice.

9.00 **Ice Road Truckers** Alex Debogorski and Hugh Rowland test their skills on the treacherous Dalton Highway.

10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring Jon Moxley and Claudio Castagnoli.
12.05 AM **Dark Side of the Ring** The death of Bruiser Brody.
1.00 **The Professionals**
1.55 **The Protectors**
2.25 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 5/26. (S5)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 6/26. (S5)
2.00 **Blood & Treasure** (S1)
4.00 **Stargate SG-1** 16/22. (S1)
5.00 **Star Trek: Enterprise** 20/22. Part one of two. The crew unearth a xenophobic plot. (S4)
6.00 **Star Trek: The Next Generation** 5/26. Troi is forced to take over as captain. (S5)

7.00 Star Trek: Deep Space Nine

7.00 **Star Trek: Deep Space Nine** *Trials and Tribble-ations:* 6/26. A Klingon encounters Captain Kirk. With William Shatner. (S5)

8.00 **Stargate SG-1** *Cor-Ai:* 16/22. Teal'c finds himself on trial for killing a man while serving the evil Goa'uld Apophis. (S1)

9.00 **Grimm** *Trust Me Knot:* 2/13. Nick remains on the run, and Adalind gets a call that throws her into the midst of the action.

10.00 **Grimm** *Oh Captain, My Captain Oh Captain:* 3/13. Nick devises a plan to take Renard out of his element. (S6)
11.00 **Wynonna Earp** 10/13. A woman in white is attacked by a ferocious animal. (S1)
12.00 M'T **Intergalactic** 2/8. The fugitives set about salvaging their crash-landed ship. (S1)
1.00 AM **Blood & Treasure** (S1)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries**
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 2/22. (S6)
11.00 **Hudson & Rex** 16/16. (S4)
12.00 NOON **Miss Fisher's Murder Mysteries** 10/13. (S1)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S9&10)
4.00 **The Mentalist** 2/22. (S6)
5.00 **Hudson & Rex** 16/16. Officer Power and her K9 partner Rebel are attacked. (S4)
6.00 **Father Brown** *The Serpent Within:* Sullivan is arrested for receiving stolen goods.

6.00 Father Brown

7.00 **Miss Fisher's Murder Mysteries** *Death by Miss Adventure:* 10/13. The duo investigate the death of a factory girl. (S1)

8.00 **Death in Paradise** *An Unholy Death:* 2/8. A nun is found dead in a smoke-filled bedroom in her convent. (S2)

9.00 **Death in Paradise** *The Man with the Golden Gun:* 7/8. The owner of a private island is shot dead at a family gathering. (S3)

10.00 **I, Jack Wright** *Fight Like Hell:* 2/6. Sally begins the process of challenging the will, and Gray is pursued by loan shark Eddie. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 10/21. Margaret finds herself on the verge of losing a prominent case. (S1)
1.00 AM **Death in Paradise** (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Ever Decreasing Circles**
8.10 **The Green Green Grass**
8.50 **Dad's Army**
9.30 **Are You Being Served?**
10.10 **Porridge**
10.50 **Keeping Up Appearances**
11.30 **Last of the Summer Wine**
12.50 PM **The Green Green Grass**
1.30 **Dad's Army**
2.50 **Are You Being Served?**
3.30 **Porridge**
4.10 **Ever Decreasing Circles**
4.50 **Last of the Summer Wine**
6.10 **Keeping Up Appearances**

7.30 Dad's Army: The Lost...

6.50 **Porridge** Fletch tries to shirk his duties.
7.30 **Dad's Army: The Lost Episodes** Walker is called up to the regular army.

8.00 **Blackadder Goes Forth** Field Marshal Haig plans a new offensive against the Germans. **8.40** Blackadder is put on trial for killing and eating a carrier pigeon. **9.20** A stage show offers Blackadder a route out of the trenches.

10.00 **Men Behaving Badly** Gary looks for a new flatmate following Dermot's departure.
10.30 **Blackadder Goes Forth**
11.10 **Blackadder Goes Forth**
12.30 AM **Men Behaving Badly**
1.05 **Blackadder Goes Forth**
3.00 **Men Behaving Badly**
3.30 **to 4.00** AM **The Green Green Grass** Beth and Tyler announce that they have become vegetarians.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.35 AM **James May's Things You Need to Know**
8.00 **Border Force: America's Gatekeepers** Double bill.
9.55 **Guy Martin's Wall of Death**
11.05 **Rick Stein's India**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Celebrating Britain's shellfish.
6.00 **Rick Stein's India** The chef learns about the Parsee contribution to Indian cuisine.

5.00 Hairy Bikers' Best of...

7.00 **QI** With guest panellists Linda Smith, Sean Lock and Mark Gatiss.
7.40 **Richard Osman's House of Games** With Des Clarke and Rachel Fairburn. **8.20** Guests Sarah Kendall, Jay McGuiness, Linda Robson and Bobby Seagull compete.

9.00 **QI XL** Josh Widdicombe, Rosie Jones and Susan Calman join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with Roisin Conaty and Andy Hamilton.
11.00 **Taskmaster** Sally Phillips locks herself in the caravan.
12.00 M'T **Mock the Week** With Ed Byrne and Milton Jones.
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? At Christmas** With Miranda Hart.
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 8-10/10. (S21)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *One Shot, One Kill:* 13/23. The team hunt down a sniper. **7.00** *The Good Samaritan:* 14/23. Three similar execution-style killings take place. **8.00** *Enigma:* 15/23. Gibbs's former commanding officer is accused of murder. (S1)
9.00 **Person of Interest** *If-Then-Else:* 11/22. Samaritan launches a cyber-attack on the stock exchange. **10.00** *Control-Alt-Delete:* 12/22. Control questions the methods of Samaritan. (S4)
11.00 **Law & Order: Special Victims Unit** (S17)
2.45 AM **Sight Unseen** New episode 8/10. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Amazing Cleans**
10.00 **Rich Kids Go Skint**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Paramedics rush in an ill one-day-old baby.
9.00 **999: Critical Condition** A woman suffers a bleed on her brain that leaves her unable to talk.
10.00 **Trauma Room One** Surgeons must act fast to remove bone from a man's neck.
11.00 **Skin A&E**
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.45 AM **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Trucking Hell**
9.25 **Police Interceptors**
11.30 **FILM The Kentuckian** Western drama. (1955, PG, 104min) ★★★
1.35 PM **FILM Will Penny** Elegiac Western. (1967, PG, 109min) ★★★
3.55 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Rich Woodwork chases two suspects through a field.
9.00 **FILM Cliffhanger** Action adventure starring Sylvester Stallone. (1993, 15, 112min) ★★★★
11.15 **Banged Up Abroad: Crime & Punishment**
12.15 AM **Deadliest Weather: Caught on Camera**
1.15 **Ice Road Truckers**
2.20 **Trucking Hell**
3.20 **Winter Road Rescue**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary series.
7.35 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **Inside the Ambulance** Paramedics treat a woman with dangerously high blood pressure.
9.00 **999 Rescue Squad** Yorkshire's HART paramedics race to help a man who has been stabbed in the back with a screwdriver. **10.00** A construction worker is impaled with a metal spike.
11.00 **Bradford on Duty**
12.15 AM **Louis Theroux: Law & Disorder in Lagos**
1.25 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.20 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Sins of the Father:* The priest tries to solve the murder of a magnate's son. **9.00** *The Wrath of Baron Samdi:* The sleuth encounters a priest.
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Hotel Portofino**
1.50 **One Foot in the Grave**
2.40 **To the Manor Born**
3.10 **to 4.00** AM **Whitstable Pearl**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Rise of the Nazis: The Downfall**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: The Downfall**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **'Allo 'Allo!** The airmen make an escape attempt. **8.40** Rene and the gang are roped into helping dig a tunnel. **9.20** Hans succeeds in vaulting over the perimeter fence at the POW camp.
10.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: The Downfall**

+1 hour 255 329

U&Yesterday has moved to here

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

FRIDAY Entertainment

All four GREAT! channels can found here

Friday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Angus Ashworth: Yorkshire Heritage Hero**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Charles Hanson and Raj Bisram embark on the final leg in north Wales.
9.00 **Unsellable Houses** New edition Lyndsay and Leslie bring curb appeal to a rambler that isn't visible from the road.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.00 **Highway to Heaven**
10.00 **Little House on the Prairie** (S5)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 4/6. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 2/25. A congressional aide arrives at the 4077th. **8.00** 3/25. A Korean casualty sparks a row. **8.30** 4/25. Klinger stands in for Radar. (S8)
9.00 **FILM Dead Again** Mystery thriller starring Kenneth Branagh and Emma Thompson. (1991, 15, 105min) ★★★
11.25 **Born and Bred** (S4)
12.25 AM **Down to Earth** (S5)
1.35 **Rumpole of the Bailey**
2.25 **Home to Roost** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.40 **FILM Stagecoach** Western with Alex Cord. (1966, PG, 114min) ★★
12.00 NOON **The High Chaparral** 13/26. (S2)
1.00 PM **FILM 100 Rifles** Western with Jim Brown. (1969, 15, 104min) ★★★
3.20 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Hitman** Thriller with Timothy Olyphant. (2007, 15, 100min) ★★★
11.00 **FILM The Shanghai Job** Action thriller. (2017, 15, 95min) ★★
1.00 AM **The Avengers**
2.00 **The New Avengers**
3.00 **FILM Disaster Zone: Volcano in New York** Disaster movie. (2006, 12, 90min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 17/24. (S5)
12.10 PM **FILM Garage Sale Mysteries: All That Glitters** (2014, PG) ★★
2.05 **FILM Words Can Kill** Thriller. (2019, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 18/24. (S5)
8.00 **Unforgettable** (S3)
9.00 **FILM Garage Sale Mysteries: The Deadly Room** (2015, PG) ★★
10.55 **FILM An Aurora Teagarden Mystery: A Game of Cat and Mouse** (2019, PG) ★★
12.50 AM **FILM Lies and Deception** (2005) ★
2.30 **FILM Deviant Love** Thriller. (2019, 12) ★
4.05 **to 4.50** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM Hometown Hero** (2016, PG) ★★
10.10 **FILM Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
12.20 PM **FILM Under the Autumn Moon** Comedy. (2018, PG, 86min) ★★
2.10 **FILM Love on Iceland** Comedy. (2020, U) ★★
4.05 **FILM My One and Only** Drama. (2019, PG) ★★
6.00 **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
8.00 **FILM PREMIERE One Perfect Match** Comedy. (2023, PG, 87min) ★★
9.55 **FILM Love and Sunshine** Romantic drama. (2019, PG, 100min) ★★
11.50 **FILM Strawberry Summer** Drama. (2012, U, 90min) ★★
1.45 AM **Highway to Heaven**
2.45 **FILM Love on Iceland**
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life...**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S3)
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs** 8/13. (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 4/7. (S2)
7.30 **The Dustbinmen** (S2)
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S3)
10.00 **FILM Invasion of the Bee Girls** Erotic thriller. (1973, 18, 82min) ★
11.45 **Stereo Underground**
12.45 AM **Star Maidens**
1.15 **Hank the Cowboy**
1.30 **FILM Messiah of Evil**
3.20 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The captains must decide whether to return to port. **8.00** One of the boats suffers a total blackout.
9.00 **Ambulance** A call for a patient threatening to take his life takes priority. **10.00** The police call for back-up when a patient walks into the sea.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's American Adventure**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Man v Food with Casey Webb** Four editions of the series, including at: **10.00** The host heads to Portland, Oregon. **10.30** A triple-threat pork sandwich in Chicago.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 12/27. (S4)
9.00 **The A-Team** 15/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
1.00 PM **FILM Yangtse Incident** Adventure with Richard Todd. (1956, b/w, PG, 113min) ★★★
3.10 **FILM Operation Dunkirk** War adventure. (2017, 15, 96min) ★★
5.00 **Star Trek** 25/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 16/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Stealth** Thriller starring Josh Lucas. (2005, 12, 121min) ★★
11.20 **FILM Virtuosity** Thriller. (1995, 15, 103min) ★★★
1.25 AM **FILM Inside Out** Drama starring Triple H. (2011, 12, 93min) ★★
3.15 **to 5.00** AM **FILM The Internecine Project** Thriller. (1974, 15) ★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM The Curse of the Werewolf** Horror. (1961, 12, 92min) ★★★
11.00 **The Lost World** (S1)
12.00 NOON **FILM Dark Storm** Sci-fi thriller. (2006, 15, 89min) ★★
2.00 PM **FILM Monster Hunters** Thriller. (2020, 15, 88min) ★
4.00 **Walker, Texas Ranger**
5.00 **FILM Ransom** Thriller. (1974, PG, 98min) ★★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 8/23. (S1)
9.00 **FILM Burning Rubber** Motor racing drama starring John Travolta. (2019, 15, 83min) ★★
10.50 **FILM Striking Distance** Crime action thriller starring Bruce Willis. (1993, 18, 102min) ★
1.00 AM **FILM Burning Rubber** As 9.00pm.
3.00 **FILM Ransom** (1974)
4.55 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **WWE's Greatest Moments** New editions
10.00 **Strange Evidence**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.05 **Operation Pet Rescue**
11.00 **Ben Fogle: New Lives in the Wild** Dorset.
12.00 NOON **The Pacific War in Colour**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **WWI Wrecks: Drain the Oceans**
6.00 **Digging Up Britain's Past** Sudeley Castle.
7.00 **The Pacific War in Colour** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Australia.
9.00 **Taggart** *Hostile Witness:* Jim investigates the murders of a by-election candidate and her agent.
11.45 **1983: Those Were the Days** Key events.
1.45 AM **Rich House, Poor House** Reality series.
2.45 **Rich Holiday, Poor Holiday** Reality series.
3.40 **to 4.00** AM **Cruising with Jane McDonald**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Todd Carty, Jo Pavey, Saira Khan and Dominic Holland.
12.00 NOON **The Chase** Quiz.
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities take part to win a prize for a charity of their choice.
4.00 **The Chase** Quiz show hosted by Bradley Walsh.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
8.00 **The Chase** Double bill.
10.00 **Tenable** Five members of a touch rugby team take part in the quiz.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly** (S1)
8.30 **Young Sheldon** (S1)
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly** (S1)
3.30 **Young Sheldon** (S1)
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 23/23. Leonard and Penny discuss their future together. (S2) **8.30** 1/23. Sheldon finds out his friends tampered with the Arctic expedition data. (S3)
9.00 **NEW SERIES 90 Day Fiancé: Before the 90 Days** Forrest is going to meet his soulmate, Emma hopes her past won't ruin her dreams of getting engaged, and Rick hopes he can trust Trish.
11.00 **The Bad Skin Clinic**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 313

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 10&11/23. (S5)
11.00 **Everybody Loves Raymond** (S5)
1.00 PM **Friends** (S2)
8.00 **Friends** 23/24. Phoebe catches chickenpox. **8.30** 24/24. Rachel's former fiancé Barry gets married. (S2)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Out of Order**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats Uncut** Comedy quiz.
12.50 AM **Drunk History**
1.50 **Dara O Briain Talks Funny: Live in London**
3.00 **Rosie Jones Tries to Help** With Jayde Adams.
3.10 **Reno 911!** 13/13. (S3)
3.30 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4&5)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S5&6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 10&11/23. (S5)
7.00 **Everybody Loves Raymond** (S5)
9.00 **Michael McIntyre's Big Show** Guests Emma Bunton and Robert Rinder join the host at London's Theatre Royal.
10.00 **Friends** 19–22/24. (S1)
12.00 M'T **Jimmy Carr's Am I the A**hole?**
1.00 AM **Whose Line Is It Anyway? USA**
4.30 **Spin City** 10&11/23. (S5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
9.40 **Duty Free** 6/7. (S1)
10.10 **Bread** 6/11. (S7)
10.45 **Steptoe and Son** (S5)
11.25 **You Rang, M'Lord?** (S3)
12.25 PM **Rising Damp** (S2)
12.55 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 10/13. (S1)
3.10 **Minder** 10/11. (S1)
4.10 **Citizen Smith** (S2)
4.45 **Steptoe and Son** (S2)
5.25 **Some Mothers Do 'Ave 'Em** 3/6. (S2)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.25 **Rising Damp** 3/8. (S2)
7.55 **Minder** 4/13. (S2)
9.00 **Benidorm** 5/7. (S8)
9.55 **Shameless** 5/14. (S11)
11.00 **Minder** 6/13. (S2)
12.00 M'T **Benidorm** 5/7. (S8)
1.00 AM **Shameless** (S11)
2.00 **Kenny Everett Show**
2.25 **Man About the House**
2.55 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

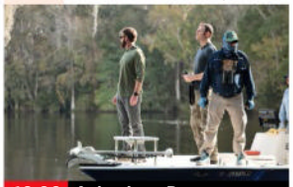
6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Celebs on the Ranch** The two-part Grand Finale gets under way. **7.00** The contestants gather at the campfire to find out who has won.
8.00 **Teen Mom UK** Chloe gets more bad news.
9.00 **Skin A&E** Dr Dev deals with a mole called Molly.
10.00 **FILM Happy Death Day** Black comedy horror starring Jessica Rothe. A college student relives the day of her murder over and over until she finds her killer's identity. (2017, 15, 92min) ★★★
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ink Master: Angels**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire** Double bill.
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.00** How to make a bicycle which can fold up to a tenth the size of a regular bike. **4.30** Making the Fender Stratocaster electric guitar.
5.00 **Alaska: Homestead Rescue** Marty Raney discovers the Nash's homestead in peril.



10.00 Animals on Drugs

7.00 **Wheeler Dealers** With the Ford Focus having its 25th anniversary, Mike thinks the ST model may be the next classic.

8.00 **Gold Rush** Fires threaten to shut down one of Parker's claims, while Rick decides if he'll move back to Vegas Valley.

9.00 **Expedition Files** A deep dive into the lives of the Billy the Kid, the Man in the Iron Mask, and Betty and Barney Hill.

10.00 **Animals on Drugs** Hippos from an infamous cocaine kingpin's compound threaten Colombian wildlife.

11.00 **Expedition Unknown** In remote jungles, Josh explores one of the 20th century's biggest heists.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Animals on Drugs**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that sleeps in the baby's cot. **4.00** Jackson Galaxy helps a family in Portland.
5.00 **Lone Star Law** A pair of racoons need to be trapped.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a bloodhound puppy that refuses to eat.

6.00 Dr Jeff: Rocky Mountain...

7.00 **Treehouse Masters** Pete Nelson sets out to create a treehouse bed-and-breakfast designed for romance.

8.00 **Intruders** A filthy non-human neighbour in Detroit soon turns a dream apartment into a living nightmare.

9.00 **Alaska: The Last Frontier** Otto's hay season nearly comes to a halt when a broken tractor forces him to get creative.

10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns discuss their favourite means of bespoke transportation.

11.00 **The Haunted** A mother is worried about her daughter's visions of a bloodied girl.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** The roots of lust.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above: Engineering** New edition
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above** Documentary.
1.00 PM **Air Crash Investigation: Surviving Disaster**
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Viking Seas: Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures**

5.00 Ice Road Rescue

7.00 **Air Crash Investigation** The crash of Korean Air Flight 801, which was blamed on a catalogue of errors made by the pilot.

8.00 **Air Crash Investigation** Investigating the crash of a German plane flying over the French Alps, which began losing altitude.

9.00 **Air Crash Investigation** A look at the factors that caused Air Inter Flight 148 to crash in the Vosges mountains in 1992.

10.00 **Costa Concordia Disaster: One Year On** New evidence on the sinking of the 140,000-ton cruise ship in 2012.

11.00 **Air Crash Investigation**
12.00 M'T **Toronto Airport Uncovered** Lightning interrupts maintenance on the airfield.
1.00 AM **To Catch a Smuggler**
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars** Double bill.
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Double bill.
12.00 NOON **Mysteries from Above**
1.00 PM **The Sound and the Fury**
3.00 **Full Custom Garage** Ian takes on a project for a Hollywood picture car coordinator **4.00** Ian leaps into one of the biggest ever projects he has ever taken on to help a friend. **5.00** Ian gets to work on a rusty old 1954 Chevrolet.
6.00 **American Pickers**

9.00 The Sound and the Fury

7.00 **Forged in Fire** The contestants attempt to make knives from old toys and recreate an iconic American blade.

8.00 **History's Greatest Aircraft** The Supermarine Spitfire, a British single-seat fighter aircraft used by the Royal Air Force.

9.00 **The Sound and the Fury** Key events of World War Two, including Germany invading Poland, and Japan's expansion in Asia.

10.00 **The Sound and the Fury** Events of 1941, when Hitler invaded the USSR, and Operation Barbarossa stalled as winter hits.

11.00 **D-Day: 100 Days to Beat the Third Reich** 1/2. A look back at the 100 days it took for the Allies to liberate Normandy.
12.00 M'T **Ultimate Mysteries**
12.55 AM **American Pickers**
1.50 **The Sound and the Fury**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering** Richard Gere.
8.00 **The Directors**
9.00 **The Movies** The 1970s.
10.00 **I Am Paul Walker**
11.50 **My Icon: Pam Cookey**
12.00 NOON **FILM The Fog of War** Director Errol Morris's Oscar-winning documentary. (2003, PG, 107min) ★★★
2.00 PM **Showbiz Kids** The impact of working as a child actor.
4.00 **Discovering** Richard Gere.
5.00 **The Directors**
6.00 **The Movies** The 1970s.

2.00 Showbiz Kids

7.00 **David Frost Vs** A look back at interviews with Elton John, alongside contributions from Lulu and Sarah Ferguson.

8.00 **Murder at the Post Office** 3/3. Robin is sentenced to 20 years, but data from the Horizon system cannot be trusted.

9.00 **JFK Revisited: Through the Looking Glass** Documentary examining the assassination of US president John F Kennedy, using declassified files to shine a light on what happened in 1963.

11.20 **FILM Touching the Void** Dramatised documentary based on the bestselling book by Joe Simpson. (2003, 15, 106min) ★★★★★
1.20 AM **Dave Not Coming Back** Two divers' efforts to retrieve a dead body from a freshwater cave in South Africa.
3.20 **SIC: Prince of MotoGP**
5.00 **to 6.00** AM **Discovering**

7 PM
8 PM
9 PM
10 PM

Sky Documentaries can now be found here

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus Ashworth and his team perform house clearances.
9.00 **The Repair Shop** Items include a coffee grinder and a grandfather clock. **10.00** Items include a fragile violin and a 1930s mini replica cooker.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70 151

Quest Red

149 150 137/146 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Shana Grice.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** The murder of Maurice Byrd.
9.00 **Shallow Grave: People Magazine Investigates**
10.00 **The Murder Tapes**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** George Jodoin.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** A look into how the manslaughter of Ayesha Ali was solved.
8.00 **Murder: Point of Contact** Stephen Lawrence, who was attacked and stabbed whilst waiting for a bus.
9.00 **Cold Justice** Series finale Kelly and Steve investigate the case of an indigenous woman who vanished.
10.00 **Prosecuting Evil with Kelly Siegler** A worldwide manhunt catches up with a killer and brings him to trial.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice** As 9.00pm.
3.00 **Prosecuting Evil with Kelly Siegler**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Michael Politte.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** Human remains start a hunt to identify Suzanne Kjellenberg and a killer. **3.00** In 1986, police struggle to find a young mother's killer.
4.00 **48 Hours** Linda Slaten.
5.00 **Medical Detectives** Police search for a missing boy, finding his backpack then his body. **5.30** A murder staged as a car accident. **6.00** Evidence is washed away from two victims in an irrigation canal. **6.30** Police discover the downside to behavioural profiling.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **Death Row Confidential: Secrets of a Serial Killer**
12.00 M'T **Murder in Slow Motion** Shana Grice.
1.00 AM **Most Evil Killers**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **World of Stonehenge**
9.10 **Playing to Survive: Von Cramm vs Hitler**
11.25 **Fight to the Finish**
1.00 PM **World of Stonehenge**
2.10 **Playing to Survive: Von Cramm vs Hitler**
4.20 **Fight to the Finish**
5.55 **World of Stonehenge** Stone Age monuments in Britain and Ireland.
7.05 **Playing to Survive: Von Cramm vs Hitler** Exploring the life of German aristocrat Gottfried von Cramm.
9.20 **Fight to the Finish** A group of Canadian survivors give their views of World War Two.
10.50 **Her Name Was Grace Kelly** Documentary examining the actor's life through the eyes of those who knew her best.
12.00 M'T **to 2.00** AM **Fight to the Finish**

FRIDAY

Listings for **Sky Documentaries** has moved to the previous page

Friday

Sky Nature

145 113/114 189 354 369

6.00 AM **Shark Squad**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Arabian Seas**
11.00 **Coral City**
12.00 NOON **The Wild Wild East**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Arabian Seas**
5.00 **Gangs of Lemur Island**
6.00 **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Secrets of the Enchanted Waters** Following polar bears hunting for seals, and macaques bathing in natural hot springs.
9.00 **Extraordinary Animals**
10.00 **The Wild Wild East**
11.00 **Gangs of Lemur Island**
12.00 M'T **Coral City**
1.00 AM **Shark Squad**
2.00 **Secrets of the Enchanted Waters** As 8.00pm.
3.00 **Extraordinary Animals**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Janbaz Tarin.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **My Strange Arrest** New editions A man gets naked on top of a poker table. **9.30** Officers find a raccoon in possession of a meth pipe.
10.00 **Court Cam** Double bill.
11.00 **Ozark Law**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **My Strange Arrest**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Critical Evidence**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Land of the Lost Wolves**
10.20 **Life in the Great Wetlands**
2.20 PM **Land of the Lost Wolves**
3.40 **Life in the Great Wetlands**
7.40 **Land of the Lost Wolves** 2/2. Gordon Buchanan and the team discover most of the animals have been killed by locals – but there is still hope on the horizon.
9.00 **Life in the Great Wetlands** Documentary exploring wildlife that live in wetlands, beginning with the flooded zones of Gabon's Loango National Park, home to elephants, hippopotamuses and gorillas. **10.00** Kinabatangan in the Sabah region of East Malaysia, which provides a sanctuary for several endangered species. **11.00** Exploring Pacaya Samiria, a freshwater reservoir on the edge of the Amazon. **12.00** M'T A visit to Kaziranga National Park in India.
1.00 AM **Land of the Lost Wolves**
2.20 **to 6.00** AM **Life in the Great Wetlands**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **WWII's Most Daring Raids**
11.00 **Ancient Aliens Special Presentation**
1.00 PM **Ancient Aliens**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **WWII's Most Daring Raids** A mission to take out four German howitzers about to assault Utah Beach. **8.00** A midnight raid on Hitler's unusual radar equipment.
9.00 **Nostradamus: 21st Century Prophecies Revealed** A look through some of Nostradamus's predictions.
10.50 **Ancient Aliens Special Presentation**
12.50 AM **Ancient Aliens**
1.55 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Casey and Brutus: Grizzly Encounters**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Super Squirrel**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: North Carolina** The zoo welcomes a timid, new giraffe to the herd.
8.00 **Africa's Hunters** A litter of wild dogs comes under threat. **9.00** A buffalo herd moves into a lion pride's territory.
10.00 **Life Below Zero: First Alaskans** Marvin demonstrates how to harvest a deer.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 141 166

8.00 AM **Still a Mystery**
9.00 **The Perfect Murder**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The murder of a woman in Montrose, Colorado.
1.00 PM **The Perfect Murder**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Forbidden: Dying for Love**
7.00 **People Magazine Investigates** The murder of Mike Williams. **8.00** The murder of a fire chief's wife in Louisiana.
9.00 **The Lake Erie Murders** The body of 19-year-old Wanda Musk was found miles from her job at a petrol station. After the killing, suspicions mounted regarding several young men in the community.
10.00 **Destination Fear**
11.00 **Kindred Spirits**
12.00 M'T **The Dead Files**
2.00 AM **Forbidden: Dying for Love**
4.00 **to 6.00** AM **People Magazine Investigates**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Richard Hammond's Big**
12.00 NOON **Arctic Rescue**
1.00 PM **Blowing Up History**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **Mummies Unwrapped** A missing mummified body could re-write the history of Abraham Lincoln's assassination, as Ramy Romany investigates whether John Wilkes Booth actually escaped
10.00 **Secrets Underground** Rob Nelson investigates mysterious rocks at the bottom of Lake Michigan known as 'Underwater Stonehenge'.
11.00 **Cooper's Treasure** Darrell Miklos puts his gear to the test during bad weather on the Columbus trail. **12.00** M'T Darrell attempts to decode a map created by ex-astronaut Gordon Cooper.
1.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181 320 325

7.00 AM **The Dinosaur Feather Mystery** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** How Earth's solar system was formed.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **The Dinosaur Feather Mystery** Theories concerning the evolution of birds.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole faces his biggest challenge yet.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180 320 325

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard takes the Cogs go karting to find a driver for the classic racing team.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek enlists Steve Dulcich to restore a derelict Dodge Coronet.
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Sky Cinema Preview**
7.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
8.45 **Smurfs** As shown at 6.20pm.
10.25 **PREMIERE The Ballad of...**
12.10 PM **Friendship** Comedy. (2025, 15, 101min) ★★★★
1.55 **Nuremberg** Period thriller. (2025, 15, 148min) ★★★★★
4.40 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★
6.20 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★

8.00 The Ballad of Wallis Island

8.00 PREMIERE The Ballad of Wallis Island Offbeat comedy written by and starring Tim Key and Tom Basden, with Carey Mulligan and Sian Clifford. (2025, 12, 100min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

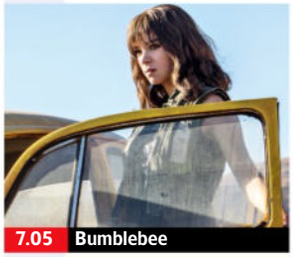
9.45 Sinners Horror thriller starring Michael B Jordan. Twin brothers return to their hometown, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **28 Years Later** Horror sequel starring Jodie Comer. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
2.05 **Borderline** As 4.40pm.
3.45 **Cookster: The Darkest Days** Crime drama starring Craige Middleburg. (2024, 15, 119min)
5.45 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Transformers

303 303 403 503 517

6.00 AM **Transformers** As 9.00pm.
8.25 **Transformers: Revenge of the Fallen** As 11.25pm.
11.00 **Transformers: Dark of the...**
1.35 PM **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
4.25 **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★
7.05 **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★



7.05 Bumblebee

Bumblebee (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Transformers Sci-fi action adventure inspired by the shape-changing toys, starring Shia LaBeouf, Tyrese Gibson and Josh Duhamel. A geeky teenager finds himself caught up in a titanic struggle between good and evil robots who are battling to recover their life source. (2007, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Transformers: Revenge of the Fallen** Sci-fi adventure sequel starring Shia LaBeouf. (2009, 12, 149min) ★★★
2.00 AM **Transformers: Dark of the Moon** Sci-fi adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★★
4.40 **to 7.35** AM **Transformers: Age of Extinction** As 1.35pm.

Sky Cinema Drama

310 310 410 510 524

7.15 AM **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★
8.55 **El Dorado** Classic Western. (1966, PG, 126min) ★★★★
11.05 **Beach Rats** As 1.00am.
12.45 PM **Darkest Hour** Wartime drama. (2017, PG, 122min) ★★★
2.50 **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
4.50 **Drift** Drama starring Cynthia Erivo. (2023, 15, 93min) ★★★★
6.25 **Jungleland** Drama with Charlie Hunnam and Jack O'Connell. (2020, 15, 90min) ★★★★
8.00 **Empire of the Sun** Steven Spielberg's epic drama starring Christian Bale as a young English boy who learns to survive in a Japanese internment camp in occupied China during World War Two. (1987, PG, 152min) ★★★★
10.45 **Quadrophenia** Cult teen drama sarring Phil Daniels and Leslie Ash. (1979, 15, 115min) ★★★★
1.00 AM **Beach Rats** Powerful drama starring Harris Dickinson. (2017, 15, 98min) ★★★
2.55 **Drift** As shown at 4.50pm.
4.40 **to 6.40** AM **Burning an Illusion** Drama starring Cassie McFarlane and Victor Romero Evans. (1981, 15, 103min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

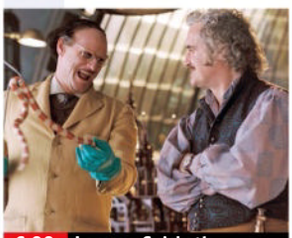
6.00 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
7.40 **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★
9.25 **The Running Man** As 12.45am.
11.25 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
1.20 PM **Mickey 17** As 10.25pm.
3.45 **It** Horror. (2017, 15) ★★★★
6.05 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
8.00 **The Shining** Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★
10.25 **Mickey 17** Sci-fi comedy starring Robert Pattinson. In 2054, criminal Mickey Barnes agrees to be reprinted every time he perishes, but eventually meets a copy of himself. (2024, 15, 137min) ★★★
12.45 AM **The Running Man** Adventure. (1987, 18, 101min) ★★★
2.30 **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★
4.15 **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
5.50 **to 6.40** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.55 AM **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
8.50 **Blueback** As 1.30am.
10.50 **Daddy Day Care** (2003) ★★★
12.35 PM **Journey to the Center of the Earth** (2008, PG) ★★
2.15 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
4.25 **Spy Kids 3: Game Over** Action comedy. (2003, U) ★★★
6.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★



6.00 Lemony Snicket's...

8.00 The Wizard of Oz Classic musical fantasy starring Judy Garland as the young Kansas girl who is swept by a twister to the magical land of Oz. With Frank Morgan. (1939, U, 98min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

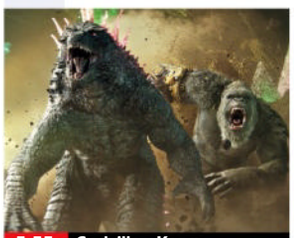
9.50 Grow Family comedy starring Nick Frost, Golda Rosheuvel and Priya-Rose Brookwell. Rivals pull every trick in the book to win a pumpkin-growing contest. (2025, PG, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Paul Blart: Mall Cop** Comedy with Kevin James and Jayma Mays. (2009, PG, 91min) ★
1.30 AM **Blueback** Family drama. (2022, PG, 102min) ★★★
3.20 **Breaking Point** Drama. (2023, 12, 102min) ★★★
5.15 **to 7.30** AM **Ride On** Action drama starring Jackie Chan. (2023, PG, 126min) ★★★

Sky Cinema Action

307 307 407 507 521

7.00 AM **Fight or Flight** Thriller. (2025, 15, 98min) ★★★
8.50 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
11.35 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
1.30 PM **xXx: Return of Xander Cage** Thriller. (2016, 12) ★★★
3.25 **Black Hawk Down** War drama. (2001, 15, 144min) ★★★
5.55 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★



5.55 Godzilla x Kong

8.00 Transformers Sci-fi action adventure inspired by the shape-changing toys, starring Shia LaBeouf, Tyrese Gibson and Josh Duhamel. A geeky teenager finds himself caught up in a titanic struggle between good and evil robots who are battling to recover their life source. (2007, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 Wonder Woman Fantasy with Gal Gadot and Chris Pine. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. (2017, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Aquaman** Adventure. (2018, 12, 143min) ★★★
3.40 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
5.25 **to 7.20** AM **Hero** Adventure. (2002, 12, 99min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **The Terminal** Comedy drama. (2004, 12) ★★★★
9.10 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
11.15 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
12.55 PM **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
2.35 **Mean Machine** (2001, 15) ★★
4.20 **Caddyshack** (1980, 15) ★★★
6.00 **How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★

9.50 Two Weeks Notice

8.00 Sleepless in Seattle Romantic comedy starring Tom Hanks and Meg Ryan. A woman hears a widower pour his heart out on the radio and becomes convinced he is the man of her dreams. (1993, PG, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Two Weeks Notice Romantic comedy starring Sandra Bullock and Hugh Grant. A liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
1.25 AM **Risky Business** Comedy drama starring Tom Cruise. (1983, 18, 98min) ★★★★
3.10 **Finding Your Feet** Comedy. (2017, 12, 109min) ★★
5.05 **Sky Cinema Preview**
5.45 **to 7.40** AM **Alfie** Comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **Head Count** Thriller. (2023, 15, 77min) ★★★
7.40 **Split** Thriller. (2016, 15) ★★★
9.40 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★★
11.50 **Trap** Thriller. (2024, 15) ★★★★
1.40 PM **The Bourne Identity** Spy thriller. (2002, 12) ★★★★★
3.40 **The Godfather Coda: The Death of Michael Corleone**
6.20 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★

9.55 Layer Cake

8.00 The Bourne Supremacy Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Layer Cake Gangster thriller starring Daniel Craig, Michael Gambon and Sienna Miller. A slick drug dealer finds himself in trouble when a drug deal goes sour. (2004, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Godfather Coda: The Death of Michael Corleone** Director Francis Ford Coppola's cut of *The Godfather: Part III*. (2020, 15, 163min) ★★★★
2.30 AM **Psycho** Horror chiller remake. (1998, 15, 100min) ★
4.20 **to 6.10** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ten Tall Men** Adventure. (1951, U, 97min) ★★★
12.55 PM **Gunman's Walk** Western. (1958, PG, 95min) ★★
2.50 **Tobruk** War adventure. (1967, PG, 110min) ★★★
5.05 **Sword of Sherwood Forest** Robin Hood adventure. (1961, U, 80min) ★★★
6.55 **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★

9.00 The Great Wall

The Adjustment Bureau (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Great Wall Fantasy adventure starring Matt Damon. A mercenary is pulled into a battle between Chinese warriors and giant, lizard-like monsters. With Willem Dafoe and Tian Jing. (2016, 12, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **John Wick: Chapter 3 – Parabellum** Action thriller sequel starring Keanu Reeves and Halle Berry. The seemingly invincible assassin returns, this time hunted by armies of bounty hunters. (2019, 15, 130min) ★★★★
1.40 **to 3.35** AM **Pixie** Crime comedy starring Olivia Cooke. (2020, 15, 94min) ★★★★

+1hour 314 430 47 301 257

Sky Cinema Feel Good

302 302 402 502 516

6.25 AM **Breakfast at Tiffany's**
8.25 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
10.10 **Funny Girl** Musical biopic. (1968, U, 169min) ★★★★
12.40 PM **Miss Congeniality** (2000)
2.35 **Bridget Jones: Mad About the Boy** As shown at 12.15am.
4.45 **Mamma Mia!** Musical with Meryl Streep and Amanda Seyfried. (2008, PG, 108min) ★★★★

6.40 **13 Going on 30** Romantic comedy starring Jennifer Garner. (2004, 12, 98min) ★★★
8.20 **Miss Congeniality** Comedy starring Sandra Bullock. A tomboyish FBI agent receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine. (2000, 12, 109min) ★★★★
10.15 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. (2005, 12, 113min) ★★

12.15 AM **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. (2024, 15, 125min) ★★★★
2.25 **Mamma Mia!** As 4.45pm.
4.20 **to 6.20** AM **Breakfast at Tiffany's** Romantic comedy. (1961, PG, 106min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

7.20 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
9.40 **Five Easy Pieces** Cult drama. (1970, 15, 98min) ★★★★★
11.25 **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
1.15 PM **Two Mules for Sister Sara** Western. (1969, 15, 114min) ★★★
3.10 **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★

5.50 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
8.00 **Alfie** Classic comedy drama starring Michael Caine as a womanising cockney who finally meets his match. (1966, 15, 114min) ★★★★
9.55 **Shirley Valentine** Romantic comedy starring Pauline Collins as a bored housewife who finds love on a Greek island. (1989, 15, 108min) ★★★★
11.45 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★

1.20 AM **The Blues Brothers** Cult comedy from John Landis. (1980, 15, 135min) ★★★★★
3.35 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
5.15 **to 7.00** AM **See No Evil, Hear No Evil** Comedy thriller. (1989, 15, 107min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.10 AM **The Garfield Movie** Animation. (2023, U) ★★★
8.55 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
10.35 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
12.35 PM **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
2.20 **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★

4.00 **The Lego Batman Movie** Animation. (2017, U) ★★★★
6.00 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
8.00 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
9.40 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
11.25 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
12.55 AM **Home** Animated adventure. (2014, U, 94min) ★★★

2.35 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
4.05 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
5.30 **to 7.10** AM **Paws of Fury: The Legend of Hank** Animation. (2022, PG, 98min) ★★★

Movies 24

312 313 419

7.00 AM **Betty's Bad Luck in Love** Comedy. (2024, PG, 84min) ★★
9.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
11.00 **Love in Wolf Creek** Romantic drama. (2022, PG, 85min) ★★
1.00 PM **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91min) ★★
3.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★

5.00 **A Case for the Winemaker** Mystery with Candace Cameron Bure. (2024, PG, 90min) ★★
7.00 **Love, Fashion, Repeat** Romantic comedy drama starring Cristina Rosato and Victor Zinck Jr. A designer returns to her hometown to seek inspiration, and meets a writer tasked with fixing her biography. (2022, PG, 89min) ★★
9.00 **Home Turf** Romantic comedy with Nikki DeLoach and Warren Christie. (2025, PG, 84min) ★★

11.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
1.00 AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **An American In Austen** Comedy. (2024, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman** (S1)
6.30 **Child in the House** Drama. (1956, b/w, U, 88min) ★★★
8.10 **Home and Away** Comedy. (1956, b/w, PG, 100min) ★★
9.50 **Circumstantial Evidence** Drama. (1952, b/w, PG, 62min) ★★★
11.00 **Parade** Slapstick comedy set in Sweden. (1974, U, 90min) ★★★
12.45 PM **Suspected Person** Drama. (1942, b/w, PG, 74min) ★★★

2.20 **White Corridors** Medical drama. (1951, b/w, U, 95min) ★★
4.10 **Forbidden** Dark thriller. (1948, b/w, PG, 87min) ★★★
5.55 **The Wicked Lady** Swashbuckling costume drama. (1945, b/w, PG, 104min) ★★★★
8.00 **Z Cars** 16/31. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **The Omega Factor** 7/10. (S1)
10.05 **Cellar Club with Caroline Munro**
10.20 **Burke & Hare** Horror starring Derren Nesbitt and Glynn Edwards. (1972, 15, 94min) ★★★

12.10 AM **Cellar Club with Caroline...**
12.15 **Hammer House of Mystery and Suspense** 2/13. (S1)
1.45 **The Silent Partner** Suspense thriller. (1978, 15, 105min) ★★★
3.55 **House on Haunted Hill** Chiller. (1958, b/w, 12, 75min) ★★★
5.30 **to 6.00** AM **Out of Town**

8 PM
9 PM
10 PM
11 PM

FRIDAY Sport 16 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage of tournaments on the WTA and ATP Tours, including the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open and WTA Hobart Open.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
7.30 **LIVE DP World Tour Golf** Coverage of the second day of the Dubai Invitational staged at Dubai Creek Golf & Yacht Club.
12.30 PM **LIVE ICC Under-19s World Cup Cricket England v Pakistan.** Coverage of the Group B match staged at Takashinga Sports Club in Harare, Zimbabwe.
3.30 **LIVE SA20 MI Cape Town v Sunrisers Eastern Cape.** The match staged at Newlands Cricket Ground in Cape Town.
7.00 **The Transfer Show**
7.30 **LIVE EFL West Bromwich Albion v Middlesbrough.** The Championship match from the Hawthorns. Kick-off **8.00pm**.
10.30 **LIVE PGA Tour Golf** Coverage of the second day of the Sony Open at Waialae Country Club.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
4.00 **The Transfer Show**
4.30 **Total Football**
5.00 **Premier League Friday**
7.00 **The Transfer Show**
8.00 **Premier League Preview** A look ahead to the weekend of matches in the Premier League.
8.30 **Fantasy Show** Statistics and analysis ahead of the Fantasy Premier League gameweek.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Preview**
10.30 **Fantasy Show** Analysis.
11.00 **Transfer 360** Focusing on transfers involving Gareth Barry. **11.30** An edition delving into the transfers of Alan Shearer.
12.00 M'T **Premier League Preview**
12.30 AM **Fantasy Show**
1.00 **PL Retro** A replay of Nottingham Forest v Liverpool from 1992.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup** The 2014 final.
8.00 **Old Firm Derby Best Goals**
8.30 **Edinburgh Derby Best Goals**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy** The 2020 final.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **Bundesliga Highlights Show**
2.00 **SPFL Round-Up**
2.15 **SPFL Highlights**
2.45 **EFL Highlights** Championship.
4.00 **Bundesliga Weekly**
4.30 **EFL League One Goals**
5.00 **EFL League Two Goals**
5.30 **EFL Highlights**
6.00 **Bundesliga Weekly**
6.30 **SPFL Round-Up**
6.45 **SPFL Highlights**
7.00 **EFL Highlights** Championship.
7.30 **LIVE EFL West Bromwich Albion v Middlesbrough.** The Championship match from the Hawthorns. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights** Semi-finals.
11.30 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **SPFL Best Goals**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Sydney Sixers v Sydney Thunder.** Coverage of the T20 match at Sydney Cricket Ground.
11.30 **LIVE ICC Under-19s World Cup Cricket England v Pakistan.** Coverage of the Group B match staged at Takashinga Sports Club in Harare, Zimbabwe.
3.20 PM **LIVE SA20 MI Cape Town v Sunrisers Eastern Cape.** Coverage of the game at Newlands Cricket Ground in Cape Town. The hosts comprehensively won this fixture last year as they came away with a 10-wicket victory.
7.00 **Big Bash League**
8.00 **WPL** Gujarat Giants v Royal Challengers Bengaluru.
9.00 **SA20** Highlights of MI Cape Town v Sunrisers Eastern Cape.
10.00 **Big Bash League** Melbourne Renegades v Perth Scorchers.
11.00 **ICC Under-19s World Cup**
2.00 AM **Big Bash League**
5.20 **Best of Jimmy Anderson**
5.30 **Best of England v South Africa**
5.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Chronicles of a Champion Golfer** Profile of Nick Faldo.
6.30 **DP World Tour Golf**
7.30 **LIVE DP World Tour Golf** Coverage of the second day of the Dubai Invitational staged at Dubai Creek Golf & Yacht Club.
12.30 PM **Golf Highlights**
3.30 **Chronicles of a Champion Golfer** A profile of Ernie Els.
4.00 **DP World Tour Golf** Action from day two of the Dubai Invitational.
5.00 **LIVE PGA Tour Golf** Coverage of the second day of the Sony Open at Waialae Country Club.
3.00 **to 6.00** AM **Golf Highlights**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Events on the WTA and ATP Tours.
6.30 **LIVE WTA Tennis** The semi-finals of the WTA Hobart Open staged at Domain Tennis Centre.
8.00 **LIVE WTA & ATP Tennis** The Adelaide Open semi-finals at Memorial Drive Tennis Centre.
10.00 **WTA & ATP Tennis**
10.30 **ATP Tour This Week**
11.00 **United Cup Tennis** The final.
1.00 PM **ATP Tennis** Hong Kong Open.
2.00 **ATP Tour This Week**
2.30 **WTA & ATP Tennis** Action from events on the WTA and ATP Tours.
10.30 **WTA & ATP Tennis** Finals.
1.00 AM **LIVE ATP Tennis** Coverage of the ATP Auckland Open final from ASB Tennis Centre, Parnell.
2.00 **LIVE WTA Tennis** Coverage of the WTA Adelaide Open final at Memorial Drive Tennis Centre.
4.00 **ATP Tennis** Event highlights.
4.30 **to 6.30** AM **LIVE ATP Tennis** The ATP Adelaide Open final at Memorial Drive Tennis Centre.

TNT Sports 1

410 413 521 408 430

6.00 AM **Snooker Masters**
8.00 **Isuzu UTE A-League Highlights**
8.30 **LIVE Isuzu UTE A-League Melbourne City v Auckland FC.** Coverage of the match staged at AAMI Park. Kick-off **8.35am**.
10.30 **Sign Up – Into Football**
11.15 **LIVE Alpine Skiing** Coverage of the men's super-G from Wengen.
1.00 PM **LIVE Snooker Masters** Coverage of the third quarter-final on day six at Alexandra Palace.
4.30 **UEFA Champions League**
5.00 **The Fantasy Show**
5.30 **Adobe Women's FA Cup**
6.30 **Premier League Preview**
7.00 **LIVE Adobe Women's FA Cup** Coverage of a fourth-round tie.
10.00 **UEFA Champions League**
10.30 **Premier League Preview**
11.00 **The Fantasy Show**
11.30 **UEFA Champions League**
1.00 AM **Premier League Preview**
1.30 **Adobe Women's FA Cup**
2.30 **UEFA Champions League**
5.30 **TNT Sports Cricket Reload**
5.45 **to 7.45** AM **LIVE A-League Women Adelaide United v Melbourne Victory.** Coverage of the match staged at Coopers Stadium. Kick-off **5.50am**.

TNT Sports 2

411 414 522 409 431

7.45 AM **Reframe the Game**
8.00 **LIVE A-League Women Western Sydney Wanderers v Brisbane Roar.** Coverage of the match staged at Wanderers Football Park. Kick-off **8.00am**.
10.00 **Kenny Allstar's Number 1's**
10.30 **TNT Sports Reload**
10.45 **LIVE Isuzu UTE A-League Perth Glory v Brisbane Roar.** Coverage of the match held at HBF Park. Kick-off **10.45am**.
12.45 PM **Kenny Allstar's Number 1's**
1.00 **LIVE Snooker Masters** Coverage of the third quarter-final on day six at Alexandra Palace.
4.30 **One-Day International Cricket**
5.30 **TNT Sports Cricket Reload**
6.45 **Playing for Our Future**
7.00 **LIVE Snooker Masters** The fourth and concluding quarter-final from Alexandra Palace.
10.30 **TNT Sports Reload**
11.00 **Isuzu UTE A-League**
1.00 AM **One-Day International Cricket** India v New Zealand.
3.00 **The Fantasy Show**
3.30 **Serie A** Como v AC Milan.
4.30 **Playing for Our Future: Football**
5.00 **to 6.00** AM **Fishing: On the Bank**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Action from the sixth Wild Card play-off match.
5.00 **NFL Gameday** A review of all of the latest games and talking points from the NFL season.
5.45 **NFL Bitesize Highlights** The fourth Wild Card play-off match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Bitesize Highlights** The fifth Wild Card play-off match. **8.15** First Wild Card play-off. **8.30** Sixth Wild Card play-off. **8.45** Fourth Wild Card play-off.
9.00 **NFL Highlights** A match from week 18 of the NFL season. **10.00** Highlights from the first Wild Card play-off match. **11.00** Action from the second Wild Card play-off match.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
6.30 **LIVE WTA Tennis** Coverage of the semi-finals of the WTA Hobart Open at Domain Tennis Centre.
8.00 **LIVE WTA & ATP Tennis** The semi-finals on day five of the Adelaide Open staged at Memorial Drive Tennis Centre.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
1.50 **LIVE WPL Gujarat Giants v Royal Challengers Bengaluru.** The women's T20 match at DY Patil Stadium in Navi Mumbai.
5.30 **Premier League Friday**
7.00 **Sky Sports News**
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
1.00 AM **LIVE ATP Tennis** Coverage of the ATP Auckland Open final at ASB Tennis Centre in Parnell.
3.00 **LIVE WTA Tennis** Coverage of the WTA Hobart Open final staged at Domain Tennis Centre.
4.00 **Sky Sports News**
4.30 **to 6.30** AM **LIVE ATP Tennis** The ATP Adelaide Open final at Memorial Drive Tennis Centre.

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League** Highlights.
7.00 **Best of England v South Africa**
7.15 **Best of ICC WT20**
7.45 **LIVE ICC Under-19s World Cup Cricket England v Pakistan.** Coverage of the Group B match staged at Takashinga Sports Club in Harare, Zimbabwe.
3.30 PM **Best of England v South Africa** Archive highlights.
3.45 **Best of ICC WT20**
4.00 **SA20** Recent highlights.
5.00 **Big Bash League**
6.00 **NFL Highlights** Matches from the Wild Card play-off stage.
8.00 **DP World Tour Golf** Action from day two of the Dubai Invitational.
9.00 **Big Bash League** Highlights
10.00 **ATP Tennis** Hong Kong Open.
11.00 **WTA Tennis** Auckland Open.
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM **Adobe Women's FA Cup**
7.00 **LIVE Ski Jumping** The men's HS137 from Sapporo, Japan.
8.00 **LIVE Ski Jumping** Women's HS106 from Zhangjiakou, China.
9.30 **Training Day**
10.00 **Adobe Women's FA Cup**
11.00 **The Monuments**
12.00 NOON **LIVE Ski Mountaineering** In France.
1.00 PM **TNT Sports Reload**
1.15 **LIVE Biathlon** From Ruhpolding.
2.45 **TNT Sports Reload**
3.00 **Football** Highlights and features.
7.00 **Inside Serie A** The latest news.
7.30 **Premier League Features**
9.00 **Dakar Rally Saudi Arabia**
10.00 **The Monuments**
10.30 **Skiing Highlights**
11.30 **Fishing: On the Bank**
12.30 AM **Ultimate Pool**
2.00 **Snooker Masters** The fifth day.
4.00 **TNT Sports Reload**
4.30 **The Monuments**
5.00 **to 6.00** AM **Skiing Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **Formula E Flashback**
7.30 **Serie A** Como v AC Milan.
8.30 **LIVE IBSF World Cup** From Altenberg in Germany.
9.45 **Formula E Flashback**
10.15 **LIVE IBSF World Cup** Further coverage from Altenberg.
11.15 **TNT Sports Reload**
11.30 **UEFA Champions League**
12.00 NOON **LIVE IBSF World Cup** Further coverage from Altenberg.
1.15 PM **Training Day**
1.45 **LIVE IBSF World Cup** Further coverage from Altenberg.
2.45 **Reframe the Game**
3.00 **Formula E Flashback**
3.30 **Ultimate Pool** Recent action.
5.00 **Inside Serie A**
5.30 **Skiing Highlights**
6.30 **TNT Sports Reload**
7.00 **UEFA Champions League**
9.00 **The Pioneers** Thierry Henry.
9.15 **UFC** Highlights and features.
5.30 **to 6.00** AM **Formula E**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
8.00 **NHL Ice Hockey** Vegas Golden Knights v Toronto Maple Leafs.
9.00 **Eredivisie Highlights**
12.00 NOON **LaLiga** A match replay.
2.00 PM **NHL on the Fly**
3.00 **Champions Cup** Another chance to see Saracens v Toulouse.
5.00 **LaLiga Match Highlights**
6.45 **Football's Greatest**
7.15 **LIVE Scottish Cup Football Rangers v Annan.** All the action from the fourth-round encounter at Ibrox. Kick-off **7.45pm**.
10.30 **URC in 60** Highlights from the United Rugby Championship.
11.30 **LaLiga** A replay of a match from the Spanish top-flight.
1.30 AM **Sporting Greats**
2.00 **LIVE NHL Ice Hockey Colorado Avalanche v Nashville Predators.** The Western Conference match from Ball Arena. Face-off **2.00am**.
5.00 **to 6.00** AM **LaLiga**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
6.30 **NHL Tonight** Top 20 wingers.
7.30 **Challenge Cup**
9.30 **Temples of Sport**
10.00 **NHL Ice Hockey**
12.00 NOON **Football's Greatest**
12.30 PM **FastZone** Motorsports.
1.00 **Champions Cup**
3.00 **Football's Greatest**
3.30 **Champions Cup** A match replay.
5.30 **The Rugby Pod**
7.00 **LIVE Champions Cup Bulls v Stade Francais.** The Pool Three match staged at Loftus Versfeld Stadium. Kick-off **1.00pm**.
10.00 **Temples of Sport**
11.00 **NHL Tonight** Defensemen.
12.00 M'T **LIVE NHL Ice Hockey Carolina Hurricanes v Florida Panthers.** The Eastern Conference match from Lenovo Center. Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **Champions Cup**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 2** Emilia Romagna GP.
9.05 **F1 Explained**
9.15 **Formula 2** Emilia Romagna GP.
10.40 **F1 Features**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** The Emilia Romagna Grand Prix qualifying.
2.45 PM **Ted's Notebook**
3.15 **Formula 1** A replay of the 2025 Emilia Romagna Grand Prix.
7.50 **Ted's Notebook**
8.20 **F1 Features**
9.00 **Formula 1** Highlights of races from the 2025 F1 season.
12.00 M'T **to 6.00** AM **The Best of F1 2025**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

PREMIERE

sky cinema Smurfs

Thursday, 6.10am & 3.30pm, Sky Premiere; also on Paramount+

This latest animated film about the small blue creatures features an all-star voice cast including Rihanna as Smurfette, John Goodman as Papa Smurf and James Corden as No Name Smurf. It centres on an adventure that the Smurfs must embark upon after Papa is kidnapped by Razamel, who's the brother of wicked wizard Gargamel.

A fun and entertaining escape into the Smurf universe, which also sets the scene for future adventures. Isn't that just Smurfy?

itvX prime Labyrinth

Available to stream now, ITVX & Prime Video

On Saturday 10 January, it will have been 10 years since the world lost a legend, with the passing of singer and actor David Bowie in 2006. And with 2026 also marking 40 years since the release of the musical fantasy *Labyrinth*, it seems only right and proper that we settle in to reacquaint ourselves with the tale, in which 16-year-old Sarah (Jennifer Connelly) has to enter a fantasy realm to rescue her baby brother, who has been kidnapped by Jareth, the Goblin King (Bowie).

More great shows to watch this week...

Peppa Pig

@PeppaPigOfficial, YouTube

If you're in need of a catch up with the Pig family since the arrival of Baby Evie last summer, head over to the official Peppa Pig channel on YouTube, where there are live streams of all the latest episodes.

Gladiators: Epic Pranks NEW

Friday, 5.25pm, CBBC & BBC iPlayer

More behind-the-scenes fun as Nitro plays hilarious pranks on his fellow Gladiators. The warriors are also guests on this week's *Blue Peter*.

Animal Care Club NEW

Sat, 8.15am, Milkshake! on 5

Following groups of young cadets as they learn how to take care of animals, starting with a visit to Cannon Hall Farm in Yorkshire.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an American actor (4,7). Answers at the bottom of the page – no cheating!

ACROSS

1 Rene -----, played Frigga in 2011 action adventure *Thor* (5)
4 Character in *EastEnders* played by Scott Maslen, Jack --------- (8)
6 See picture clue: Actor in 1995's *Muriel's Wedding* and 2019's *Knives Out*, ---- Collette (4)
7 Comedian and presenter of *Chatty Man*, Alan ---- (4)
8 BBC2 music show, ----- ... *with Jools Holland* (5)
9 Classic BBC sitcom set in wartime France with Gorden Kaye (4,4!)
12 American singer of 2000 hit *Oops!... I Did It Again* (7,6)
15 Steven Knight gangster TV series featuring the Shelby family (5,8)
18 1992 thriller film starring Denzel Washington and John Lithgow (8)
19 ----- Luft, daughter of late actor and singer Judy Garland (5)
22 ---- *Betty*, comedy drama series starring America Ferrera (4)
23 *Star Wars* villain, Jabba the ---- (4)
24 Played John Rowland in *Desperate Housewives*, Jesse --------- (8)
25 Oscar-winning Sally Field film released in 1979, ----- *Rae* (5)

DOWN

1 Custard the cat's inventive canine cartoon pal (7)
2 1997 biographical movie that won Geoffrey Rush an Oscar (5)
3 American series starring Sela Ward, ---- *and Again* (4)
4 Neil Dudgeon's character in long-running crime drama *Midsomer Murders*, John -------- (7)
5 Star of 1996 movie *Leaving Las Vegas*, -------- Cage (7)
10 2019 thriller film starring Francesca Eastwood and Jonathan Rhys Meyers (5)
11 ---- Samberg, actor who starred in Lee and hit American sitcom *Brooklyn Nine-Nine* (4)
13 Jason Momoa's character in the Dune movies, Duncan ----- (5)
14 Band who released *The Dark Side of the Moon* in 1973, ---- Floyd (4)
15 & 21 Down Epic Steve Spielberg war drama released in 1998, *Saving* -------- ---- (7,4)
16 English former dancer and TV talent-show judge, Nigel -------- (7)
17 See picture clue: -------- Sarker, star of *Brookside* and *Ackley Bridge* (7)
20 Historical-drama film from 2008, *The* ----- *Boleyn Girl* (5)
21 See 15 Down

CROSSWORD SOLUTION

ANSWER: Shia LaBeouf **ACROSS:** 1 Russo 4 Brannin**g** 6 Toni 7 Carr 8 Later 9 'Allo 'Allo! 12 Britney Spears 15 Peaky Blinders 18 Ricochet 19 Lorna 22 Ugly 23 Hutt 24 Metcalfe 25 Norma **DOWN:** 1 Roobarb 2 Shine 3 Once 4 Barnaby 5 Nicolas 10 Awake 11 Andy 13 Idaho 14 Pink 15 & 21 Private Ryan 16 Lythgoe 17 Sunetra 20 Other

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, SKY CINEMA, SONY PICTURES TELEVISION, PARAMOUNT/MILKSHAKE!

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Recycle

Coming soon

FIRST LOOK

Dear England

Joseph Fiennes stars as Sir Gareth Southgate in a compelling drama

Pippa (Jodie Whittaker)

BBC1's upcoming drama *Dear England* examines how manager Sir Gareth Southgate fought to turn around the fortunes of the England men's football team.

The four-parter, airing later this year and adapted by James Graham from his own award-winning stage play, sees Joseph Fiennes reprise his role as Southgate, which he originated at London's National Theatre in June 2023.

Fictionalised, but based on extensive research and interviews, the series follows Southgate as he becomes the squad's manager in 2016. But he faces an uphill battle to motivate the team after their years in the doldrums, and the players undergo more momentous ups and downs before he eventually gets them to the latter stages of tournaments including the 2018 World Cup and the Euros in 2024.

SQUAD GAME

Frauds' Jodie Whittaker co-stars as team psychologist Pippa Grange, while Will Antenbring plays England captain Harry Kane, Jason Watkins is former FA chairman Greg Dyke and Daniel Ryan is ex-assistant manager Steve Holland.

'Bringing the national game to the National Theatre over two years ago, and getting to tell this inspiring story of Gareth's quiet revolution, and its themes of redemption, resilience, kindness and compassion in sport, was one of the most rewarding moments of my writing life,' says Graham. 'I'm so grateful to the world-class cast and creative team we've assembled.'

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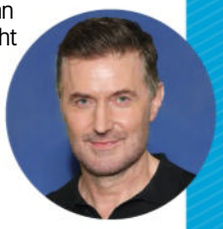
WHAT'S NEXT FOR...

Richard Armitage

In ITV1's crime drama **Winter**, the actor will star as Bristol-based forensic pathologist Dr Ethan Winter, whose insight helps DI Lauren Bell (Annabel Scholey) crack cases, but he is haunted by an unsolved murder.



Rafe Spall

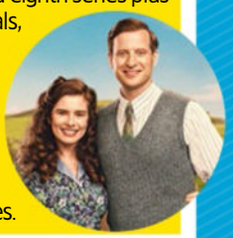
The actor will play a beleaguered Prime Minister in C4's comedy drama **Number 10**, penned by Steven Moffat. Katherine Kelly is the chief of staff, while Jenna Coleman portrays her deputy.

Sir David Jason

U&Gold's two-part special **Only Fools and Horses: The Lost Archive** will see the actor join former co-stars including Tessa Peake-Jones to reflect on rare footage from the classic sitcom.

Coming Back

Period vet drama **All Creatures Great and Small** will return on 5 for a seventh and eighth series plus Christmas specials, which will continue the story of Helen (Rachel Shenton), James (Nicholas Ralph) and his colleagues.



Next week

On sale Tuesday 13 January

Steal

Sophie Turner stars in Prime Video's drama about an office worker caught up in a heist.

Gladiators

The formidable athletes are back to battle more plucky contenders on BBC1.

A Knight of the Seven Kingdoms

Sky Atlantic's *Game of Thrones* prequel follows an intrepid duo.

Georgie & Mandy's First Marriage

The *Young Sheldon* spin-off on TLC focuses on the newly-weds.

WORDS: CAREN CLARK. PHOTOS: 5, BBC, GETTY, PRIME VIDEO, SHUTTERSTOCK, HBO/SKY, TLC

TV&Satellite week

121-141 Westbourne Terrace, London W2 6JR
Email tv&satweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

International Licensing and Syndication
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